

The importance of Adaptation

Coping refers to how you are handling, or dealing, with a stressful situation.

Coping style is your natural inclination, or habitual way, of handling stress.

It is useful to reflect in general on the various ways individuals handle, or cope with, stress.

There are both positive, or *adaptive*, ways of handling stress and also negative, or *maladaptive*, ways of handling stress.

Positive coping styles (or copers) generally produce the best possible outcome and at the same time lead to greater overall health and well being.

Negative coping styles (or copers) generally produce the least best, or more harmful, outcome and at the same time tend to decrease overall health and well being.

Taking the Long View

‘Short term pain; long term gain’

When handling stress it can be helpful to think of coping in terms of short term and long term outcomes.

Have a look at the following behaviours. Take a second to think about honey feel in the short term, and their cumulative effect in the long term.

Behaviour	Short term effect	Long term effect
Running		
Eating		
Talking		
Smoking		
Meditating		
Complaining		
Avoiding		
Gambling		
Prioritizing		
Drinking		

It is important to consider whether a behaviour adds strength, or diminishes it, in the long term!