



Healthy Coping

Many people experience stress during the recovery period after concussion. Some may worry about their recovery, and some may feel frustrated when their symptoms limit typical day to day functioning. When this happens, using **Emotion-Focused Coping** and **Problem-Focused Coping** may help you manage these feelings of worry, stress, and frustration.



EMOTION - FOCUSED COPING

Emotion-focused coping involves using tools to manage emotional responses to a situation. Sometimes this means just sharing your emotions, or talking about how a situation makes you feel. Staying connected to social networks and people who are willing to be with you and support you during recovery can also be important emotion-focused coping approaches after concussion. In general, emotion-focused coping is best when there is not a problem that can necessarily be solved right away.

Examples of Emotion Focused Coping

- Talking with friends and family 
- Having a good listener 
- Using positive self-talk
"I CAN DO THIS!" 
- Remembering pleasant times 
- Doing something nice for yourself (self-care) 
- Meditate or pray 
- Spend time with your pet 

If you are using this type of coping, you may find the strategies in the [Emotional Well-Being](#) and [Social Life](#) handouts helpful.



PROBLEM-FOCUSED COPING

Problem-focused coping involves considering how the situation can be improved or fixed. This might be something you do on your own or with the help of another person, such as a friend, professor, therapist, or peer mentor. Although everyone benefits from using both types of coping skills, problem-focused coping is most effective when the problem can be resolved.

General Examples of Problem-Focused Coping

- Making a plan of action and following it 
- Breaking a problem into smaller steps that can be tackled one at a time 
- Coming up with more than one solution to a problem 
- Finding someone who can help 
- Thinking about one problem at a time 
- Planning what action steps you will take each day or week 

If you are using this type of coping, you may find the strategies in the [Returning to Activity handout](#) helpful, as well as the handouts on learning strategies, such as [Staying Organized](#) and [Online Learning](#).