Coping With Physical Illness

This book discusses how human beings cope with serious physical illness and injury. A conceptual model for understanding the process of coping with the crisis of physical illness and identifying the underlying adaptive tasks and domains of coping skills involved in the process.

Coping With Physical Illness: 2 - New Perspectives...

This book discusses how human beings cope with serious physical illness and injury. A conceptual model for understanding the process of coping with the crisis of physical illness is provided, and basic adaptive tasks and types of coping skills are identified. The major portion of the book is organized around various types of physical illnesses. These physical illnesses, which almost all people face either in themselves or their family members, pose common issues for coping.

Coping With Physical Illness - How to Cope With Sudden Illness or Disability. Author: Martina Roe; Contact: ... (Rev. 2019-03-05)

Synopsis and Key Points:

- Article gives assistance to help you cope with a sudden illness or disability.
- Found that individuals who engaged with proactive coping were better able to deal with the changes they encountered after having a stroke.
- However, coping can also be used to help people deal with unexpected life changes, such as a major change in health. A 2014 study in the Journal of the American Psychiatric Association found that people who engaged with proactive coping were better able to deal with the changes they encountered after having a stroke.
- One theory is that having a positive outlook enables you to cope better with stressful situations, which reduces the likelihood of developing stress-related illnesses. Optimistic people tend to live healthier lifestyles — they get more physical activity, follow a healthier diet, and don't smoke or drink alcohol in excess.
- Coping with a diagnosis of chronic illness helps you manage your health condition and its demands. It also helps you achieve a sense of control and maintain your emotional, social, and physical well-being.

Coping With Physical Illness - 10 Healthy Coping Skills: Strategies To Help With Negative Feelings and Emotions When You Have a Chronic Illness. Author: Martina Roe; Contact: ... (Rev. 2019-03-05)

Synopsis and Key Points:

- Coping with physical illness can be challenging. This book provides strategies and techniques to help you cope with the stress and challenges of living with a chronic illness.
- The crisis of physical illness is often a key turning point in an individual's life. The vivid confrontation with a health crisis, whether sudden or gradual, can have a profound and lasting impact.
- Coping with a chronic condition requires a long-term strategy. It involves managing daily tasks, making lifestyle changes, and seeking support from friends, family, and healthcare professionals.
- This book is designed to help you cope with the challenges of living with a chronic illness, providing practical guidance and strategies to help you manage your health condition and maintain your quality of life.

Coping With Physical Illness: Rudolf Moos: 9781468422580

Synopsis and Key Points:

- This book is designed to help professionals in the field of health and human services understand the complex issues faced by individuals with chronic illnesses.
- The book discusses the psychological, social, and physical aspects of chronic illness, providing insights into the challenges and coping strategies used by those living with these conditions.
- It examines the impact of chronic illness on individuals, families, and society, and offers guidance on how to address these issues effectively.

Coping With Physical Illness - 20 Healthy Coping Skills: Strategies To Help With Negative Feelings and Emotions When You Have a Chronic Illness. Author: Martina Roe; Contact: ... (Rev. 2019-03-05)

Synopsis and Key Points:

- This book provides strategies and techniques to help you cope with the stress and challenges of living with a chronic illness.
- Coping with a chronic condition requires a long-term strategy. It involves managing daily tasks, making lifestyle changes, and seeking support from friends, family, and healthcare professionals.
- This book is designed to help you cope with the challenges of living with a chronic illness, providing practical guidance and strategies to help you manage your health condition and maintain your quality of life.

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