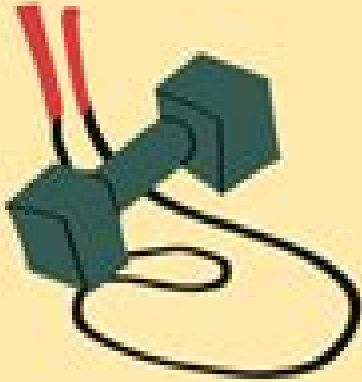


Emotion-Focused Coping Skills



Exercise



Take a bath



Give yourself
a pep talk



Meditate

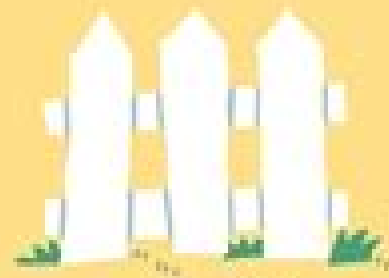
Problem-Focused Coping Skills



Work on
managing time



Ask for support



Establish
healthy boundaries



Create a
to-do list

Coping With Depression The Common Cold Of The Emotional Life

AN Whitehead



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