

**Positive Strategies**

<b>Seeking social support</b>	Getting practical or emotional support from your friends and family.
<b>Positive appraisal</b>	Looking for positive things in a problem or situation, for example by seeing something difficult as a challenge.
<b>Acceptance</b>	Recognizing and acknowledging a problem and allowing yourself to feel bad about it. You tell yourself that it's okay to temporarily feel that way.
<b>Emotional processing</b>	Actively acknowledging, examining and understanding an emotional experience.
<b>Emotional expression</b>	The verbal or non-verbal expression of an emotional experience.
<b>Cognitive reappraisal</b>	Mentally changing the reaction to a situation in order to adjust the emotion and/or the consequences, for example by no longer seeing a setback as failure, but as motivation.

**Negative strategies**

<b>Expressive suppression</b>	Effort to restrain or control your verbal or non-verbal emotional experience.
<b>Thought suppression</b>	Attempting to keep negative or intrusive thoughts out of your consciousness.
<b>Cognitive avoidance</b>	Distracting yourself mentally.
<b>Behavioural avoidance</b>	Avoiding a problem or situation and, therefore, making no effort to deal with it actively.
<b>Denial</b>	Pretending that the problem does not exist.
<b>Rumination</b>	Passive repetitive self-centred thoughts on the causes and consequences of the negative feeling.
<b>Worrying</b>	Persistent thoughts about possible negative events in the future, without active problem solving.

**Source:**

[https://www.researchgate.net/figure/1-Selected-coping-and-emotion-regulation-strategies-broadly-associated-with\\_tbl1\\_318237886](https://www.researchgate.net/figure/1-Selected-coping-and-emotion-regulation-strategies-broadly-associated-with_tbl1_318237886)