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**Q1. Due to the current stressful condition of “Lockdown”, which types of coping strategies are useful? Explain in detail.**

**Answer:** Coping usually involves adjusting to or tolerating negative events or realities while attempting to maintain your positive self-image and emotional equilibrium. Coping occurs in the context of life changes that are perceived to be stressful. Psychological stress is usually associated with negative life changes, such as losing a job or loved one. However, because all changes require some sort of adaptation, even positive changes, such as getting married or having a child, can be stressful.

Changes are stressful because changes require us to adjust and to adapt. Experiencing too many changes within a brief time period often creates a perception that we are not in control of important events. This perception contributes to low self-esteem and may even contribute to the development of anxiety or depression. In some cases, physical illnesses may develop or be exacerbated when a person's capacity to adapt to change is overwhelmed by too much change.

Coping involves adjusting to unusual demands, or stressors, and thus requires the mobilization of greater effort and the use of greater energy than is required by the daily routines of life. Prolonged mobilization of effort can contribute to elevated levels of stress-related hormones and to eventual physical breakdown and illness.

Stressors that require coping may be acute, such as a change in residence or onset of marital problems. Stressors also occur that are of longer duration, such as chronic pain, chronic illness, or enduring financial problems.

The effect of many acute stressors that occur within a relatively brief period of time may be cumulative and profound. Thus, the individual who experiences a marital separation, the death of an aging parent, and a change in his or her job within a brief period of time may find himself or herself struggling to adjust to maintain his or her physical and emotional health.

## What are some common coping strategies?

Some common coping mechanisms include:

- Lowering your expectations
- Asking others to help or assist you
- Taking responsibility for the situation
- Engaging in problem solving
- Maintaining emotionally supportive relationships
- Maintaining emotional composure or, alternatively, expressing distressing emotions
- Challenging previously held beliefs that are no longer adaptive
- Directly attempting to change the source of stress
- Distancing yourself from the source of stress
- Viewing the problem through a religious perspective

Experts agree that coping is a process rather than an event. Thus, an individual may alternate between several of the above coping strategies in order to cope with a stressful event.

Individuals differ in particular styles of coping or preferences for using certain coping strategies over others. These differences in coping styles are usually reflective of differences in personality. Rigidity in coping is less likely to produce a desirable outcome than is flexibility in coping, or being able to fit the most appropriate coping strategy to the demands of different situations.

It should be noted, however, that some situations that require coping are likely to elicit similar coping responses from most people. For example, work-related stressors are more likely to elicit problem-solving strategies. Stressors that are perceived to be changeable are more likely to elicit problem-solving strategies while stressors perceived to be unchangeable are more likely to elicit social support seeking and emotion-focused strategies.

What can we do to protect ourselves against stress and therefore enhance our prospects for successful coping? Perhaps the most important strategy is to maintain emotionally supportive relationships with others. A vast field of research demonstrates that emotional support buffers individuals against the negative impact of stress.

It is especially important to evaluate your overall lifestyle when encountering significant stress. Engaging in stress-reducing activities can also be a helpful overall approach to coping with stressors. Examples include:

- Getting enough good quality sleep
- Eating a well-balanced diet
- Exercising on a regular basis
- Taking brief rest periods during the day to relax
- Taking vacations away from home and work
- Engaging in pleasurable or fun activities every day
- Practicing relaxation exercises such as yoga, prayer, meditation, or progressive muscle relaxation
- Avoiding use of caffeine and alcohol

## **Q2. How the use of Face book affects our long-term memory?**

Using Face book and other social media constantly can lead to short-term memory loss, researchers from the Royal Institute of Technology (RIT) in Stockholm, Sweden, said.

According to Erik Fransén, one of the researchers, typical internet browsing sessions can interfere with brain's capacity to file all the necessary information.

Humans rely on what is called "working memory" or short-term memory to make sense of the world around them. A strong working memory means that people can store all bits of information required to complete a particular task. Other research has shown that kids with higher working memory are good at comprehension and math.

Staying online for long periods leaves the brain less time for "housekeeping" and can't clear the information clutter.

"When you are on Face book, you are making it harder to keep the things that are 'online' in your brain that you need," Erik Fransén said. "In fact, when you try to process sensory information like speech or video, you are going to need partly the same system of working memory, so you are reducing your own working memory capacity. And when you try to store many things in your working memory, you get less good at processing information."

Contrary to popular belief, the brain requires "idle time" to transfer data from short-term memory to long-term memory. So, trying to do many mental tasks only leads to information overload, which can reduce brain's efficiency in the long run.

This isn't the first time social networking sites like Face book have been linked to mental problems. Previous research has shown that Face book is as addictive as sex and has also been linked to anxiety, debt and even higher weight.

**Q3. Case presentation: A college student has just completed his higher secondary education (F.Sc) and wishes to get admission in medical college. But at the same time, he is confused and anxious that if he gets fail in getting admission, then what will happen next. Now keeping in mind the steps of decision making strategies, how will you make the best possible plan for this student?**

**Decision making:**

The thought process of selecting a logical choice from the available options.

## **Steps of decision making strategies:**

### **Step 1: Identify the decision**

You realize that you need to make a decision. Try to clearly define the nature of the decision you must make. This first step is very important.

### **Step 2: Gather relevant information**

Collect some pertinent information before you make your decision: what information is needed, the best sources of information, and how to get it. This step involves both internal and external “work.” Some information is internal: you’ll seek it through a process of self-assessment. Other information is external: you’ll find it online, in books, from other people, and from other sources.

### **Step 3: Identify the alternatives**

As you collect information, you will probably identify several possible paths of action, or alternatives. You can also use your imagination and additional information to construct new alternatives. In this step, you will list all possible and desirable alternatives.

### **Step 4: Weigh the evidence**

Draw on your information and emotions to imagine what it would be like if you carried out each of the alternatives to the end. Evaluate whether the need identified in Step 1 would be met or resolved through the use of each alternative. As you go through this difficult internal process, you’ll begin to favor certain alternatives: those that seem to have a higher potential for reaching your goal. Finally, place

the alternatives in a priority order, based upon your own value system.

### **Step 5: Choose among alternatives**

Once you have weighed all the evidence, you are ready to select the alternative that seems to be best one for you. You may even choose a combination of alternatives. Your choice in Step 5 may very likely be the same or similar to the alternative you placed at the top of your list at the end of Step 4.

### **Step 6: Take action**

You're now ready to take some positive action by beginning to implement the alternative you chose in Step 5.

### **Step 7: Review your decision & its consequences**

In this final step, consider the results of your decision and evaluate whether or not it has resolved the need you identified in Step 1. If the decision has not met the identified need, you may want to repeat certain steps of the process to make a new decision. For example, you might want to gather more detailed or somewhat different information or explore additional alternatives.