

Media Cope 31

Roy H. Lubit

African American Coping in the Political Sphere Jas M. Sullivan, Moriah

Harman, 2023-10-01 Psychosocial stressors are a part of the human condition. Individuals experience a myriad of stressors in their everyday lives, and, while many people experience some of the same types of stressors, responses and reactions to stressful life events, interactions, and situations often vary. Research has shown that these stressors often have negative effects on physical and mental health outcomes, among others. Thus, the way one copes with psychosocial stressors is important for explaining human behavior and variations across and within certain groups. For African Americans, there are added stressors that impact daily functioning, due to no fault of their own. These stressors include, but are not limited to, discrimination, microaggressions, and police brutality, as well as income, health, and education inequalities. Inspired by the John Henryism hypothesis and, more broadly, the research on John Henryism, *African American Coping in the Political Sphere* explores the influence coping has on African Americans' political attitudes and behaviors. Jas M. Sullivan and Moriah Harman reveal that coping plays a role in political outcomes just as it does in social, economic, psychological, and health outcomes. Consequently, coping offers insight into why some individuals believe and behave in the ways that they do in the political sphere.

Coping with Urban Climates Sascha Roesler, Madlen Kobi, Lorenzo

Stieger, 2022-06-21 While 20th century architecture learned to control the climate of a building, the architecture of the 21st century needs to learn to cope with the climate of cities. Problems such as urban heat and air pollution need to be included in planning and design. Based on empirical realities in Cairo, Chongqing, Geneva and Santiago de Chile, the book underlines that the materiality and social practices attached to room heating, compound greening, street alignment or climate policies together form the tissue for contemporary urban climates. It interweaves socio-cultural with meteorological data and pioneers the new concept of thermal governance by linking architectural and technological as well as legal and economic dimensions of climate control in urban environments.

Coping Rituals in Fearful Times Jeltje Gordon-Lennox, 2022-03-13 This collection of articles reveals ritual to be a unique and powerful asset in healing trauma and broken relationships. Each contribution offers insights on how, in the face of uncertainty, threat and dislocation, human beings feel compelled to 'do something', usually with or for others, to alleviate their anxiety, fears and sense of powerlessness. The editor and authors demonstrate how the imaginative processes at the heart of ritualmaking contribute to self- and group regulation by healing and mitigating the negative impact of trauma on individuals, collective groups, and even global systems. The authors are a group of remarkable scholars, researchers and practitioners who represent a diverse range of disciplines and subfields, including archaeology, Chinese studies, digital culture, ecological science, philosophy, psychology, psychotherapy, the politics of memory and the preservation of cultural heritage in wartime, ritual anthropology, social research, physics, research on traumatic stress, and peace studies. Students and researchers across the social and behavioural sciences will find this volume useful.

The Cambridge Handbook of the Development of Coping Ellen A. Skinner, Melanie J.

Zimmer-Gembeck, 2023-06-30 Despite broad interest in how children and youth cope with stress and how others can support their coping, this is the first Handbook to consolidate the many theories and large bodies of research that contribute to the study of the development of coping. The Handbook's goal is field building - it brings together theory and research from across the spectrum of psychological, developmental, and related sciences to inform our understanding of coping and its development across the lifespan. Hence, it is of interest not only to psychologists, but also to neuroscientists, sociologists,

and public health experts. Moreover, work on stress and coping touches many areas of applied social science, including prevention and intervention science, education, clinical practice, and youth development, making this Handbook a vital interdisciplinary resource for parents, teachers, clinical practitioners, social workers, and anyone interested in improving the lives of children.

Strategies of Coping with Foreign Market Challenges by Small and Medium Enterprises in Kenya Nickson Moseti Ongaki, Enock Mauthia Otundo, 2015-09-02 This master dissertation focuses on the challenges faced by small and medium enterprises while accessing international markets and the appropriate strategies adopted to cope with these challenges. Particularly it focuses on challenges from the management point of view focusing on exporting SMEs that already have firms in international markets. The study seeks to find out about the major challenges facing them and those firms that have overcome these challenges how they did overcome by finding out what strategies were adopted or what measures were taken so as to avoid facing such challenges in future. Challenges faced by SMEs when starting to venture into the international markets are more in developing countries where they face challenges due to the less educated managerial staff for strategic formation and external support for internationalization process. Further, the growth of SMEs in any country also depends upon the availability of resources and support of external organizations. SMEs are not big enough like large organizations, nor do they have enough resources to survive in the international market. In developing countries, SMEs face more challenges because of less availability of resources and external support for their internationalization process. At the initial stage, SMEs need more financial resources to make investment in capital-intensive projects and educated management for strategic formation. They require financial resources on low interest rates and guidance to find representatives in the international market. The external organizations in both markets should support SMEs to meet challenges in the foreign markets and how to cope with the challenges.

Adolescent Coping Erica Frydenberg, 2018-06-12 How do young people cope with the multitude of difficult situations and scenarios that are associated with growing up, like anxiety and depression, as well as illness, rejection and family breakdown? How can we facilitate and encourage, through a combination of health, well-being and positive mindset, healthy development during adolescence and beyond? With a substantial focus on the positive aspects of coping, including an emphasis on developing resilience and the achievement of happiness, Erica Frydenberg presents the latest developments in the field of coping. Adolescent Coping highlights the ways in which coping can be measured and implemented in a wide range of circumstances and contexts, with suggestions for the development of coping skills and coping skills training, and it provides strong scholarly evidence for the concepts and constructs that it promotes as providing a pathway to resilience. The work is framed as an ongoing interaction between individuals and their environments as represented by the psychosocial ecological model of Bronfenbrenner. The major theories of coping are articulated that take account of the transactional model, resources theories and proactive models of coping. Areas of recent interest such as neuroscience and epigenetics are included, alongside a new chapter, 'Cyberworld', which provides insights on new and relevant topics such as mindfulness and the impact of social media as they relate to coping in the contemporary context. Adolescent Coping will be of interest to practitioners in psychology, social work, sociology, education and youth and community work as well as to students on courses in adolescent development in these fields.

Resiliency: Enhancing Coping with Crisis and Terrorism D. Ajdukovic, S. Kimhi, M. Lahad, 2015-04-08 This book contributes to a better understanding of what makes people and communities resilient in the face of disasters, violence and terrorism. This resilience is

understood as a resource that facilitates recovery, effective functioning and positive outcomes in the wake of major critical events that threaten the well-being of individuals, families, communities and nations. The chapters in this publication present complementary perspectives on resilience in a variety of socially adverse settings and how to assess resilience beyond the level of an individual. The contributing authors not only consider evidence of resilience in the aftermath of mass trauma, but uniquely explore it from a developmental perspective and expand the focus from individual resilience to the broader ecological levels of community and society. The book contains 11 chapters reflecting different aspects of resilience. Presentation of these different perspectives will be helpful to scholars and students of human behavior affected by life-threatening crises. Together, the chapters present up-to-date research that affirms human strength when confronted by the extreme experiences. The book also covers the broad landscape of current knowledge and research topics on resilience that are related to mass violence and terrorism, which is one of the growing concerns of the world today.

The Everything Guide to Coping with Perfectionism Ellen Bowers, 2012-12-18

Perfectionism is an admirable quality-- until it goes too far. Toxic perfectionism can result in obsessive behavior, damaged self-esteem, depression, and even physical ailments. Discover tips and techniques for recognizing the symptoms and introducing flexibility and balance into your life.

Spoiling and Coping with Spoilers Galia Golan, Gilead Sher, 2019-06-14 Essays

analyzing the role of those who damage or work to damage peace negotiations, specifically in connection to the Israeli-Arab conflict. For as long as people have been working to bring peace to areas suffering long-standing, violent conflict, there have also been those working to spoil this peace. These "spoilers" work to disrupt the peace process, and often this disruption takes the form of violence on a catastrophic level. Galia Golan and Gilead Sher offer a broader perspective. They examine this phenomenon by analyzing groups who have spoiled or attempted to spoil peace efforts by political or other nonviolent means. By focusing in particular on the Israeli-Arab conflict, this collection of essays considers the impact of a democratic society operating within a broader context of violence. Contributors bring to light the surprising efforts of negotiators, members of the media, political leaders, and even the courts to disrupt the peace process, and they offer coping strategies for addressing this kind of disruption. Taking into account the multitude of factors that can lead to the breakdown of negotiations, *Spoiling and Coping with Spoilers* shows how spoilers have been a key factor in Israeli-Arab negotiations in the past and explores how they will likely shape negotiations in the future. "Overall, *Spoiling and Coping with Spoilers* offers a refreshing approach to understanding the Israeli-Arab conflict and peace process. By examining the role of spoiling and spoilers, it engages the reader in questions about the potential for and challenges to peace in the region. . . . Highly recommended." —Choice

Coping with Toxic Managers, Subordinates --and Other Difficult People Roy H.

Lubit, 2004 The author shows how to use emotional intelligence tactics to survive when dealing with toxic managers and other impossible people in the workplace.

Coping and Health Seymour Levine, Holger Ursin, 2013-03-09 This volume contains

fifteen papers by invited participants delivered at the NATO International Workshop on Coping and Health held March 26 through March 30, 1979, at the Rockefeller Foundation's Bellagio study and Conference Center, Bellagio, Italy. The editors of the book were co-directors of the workshop as well as participants. The conference was a small conference consisting of only 20 scientists and was designed to be an intensive period of exchange of ideas dealing with a range of topics varying from experimental models of coping through coping and its psychosomatic implications. The exceptional beauty of the Bellagio Study and Conference Center, the hospitality of the staff at the Conference

Center as well as the support of the administrative staff of the Rockefeller Foundation, combined with the intensity and enthusiasm of the participants made the conference a most memorable one for those who attended it. A special thanks is in order for the help and assistance of Dr. B. A. Bayraktar, Executive Officer of Human Factors Program, Scientific Affairs Division, NATO, and Miss Susan Garfield, Program Director of the Rockefeller Foundation. Needless to say, without their participation and help at all points in the organization and planning of this conference, the conference would not have occurred.

How Do Families Cope with Chronic Illness? Family Research Consortium. Summer Institute, 1993 First Published in 1992. Routledge is an imprint of Taylor & Francis, an informa company.

Coping with Chronic Illness and Disability Erin Martz, Hanoch Livneh, 2007-09-23 This book synthesizes the expanding literature on coping styles and strategies by analyzing how individuals with CID face challenges, find and use their strengths, and alter their environment to fit their life-changing realities. The book includes up-to-date information on coping with high-profile conditions, such as cancer, heart disease, diabetes, arthritis, spinal cord injuries, and traumatic brain injury, in-depth coverage of HIV/AIDS, chronic pain, and severe mental illness, and more.

Coping with Calamity Jiayan Zhang, 2014-05-01 The Jiangnan Plain in central China has been shaped by its relationship with water. Once a prolific rice-growing region that drew immigrants to its fertile paddy fields, it has, since the eighteenth century, become prone to devastating flooding and waterlogging. Over time, population pressures and dike building left more and more people in the region vulnerable to frequent water calamities. The first environmental and socioeconomic history of the region, *Coping with Calamity* considers the Jiangnan Plain's volatile environment, the constant challenges it presented to peasants, and their often ingenious and sophisticated responses during the Qing and Republican periods.

Communication Research on Health Disparities and Coping Strategies in COVID-19 Related Crises Rukhsana Ahmed, Yuping Mao, 2024-02-08 This book presents health communication scholarship from Chile, China, Colombia, Ecuador, Japan, New Zealand, Sweden, United States, and Venezuela, that recognizes the central role of communication in addressing and coping with health disparities across diverse populations. It thus advances understanding of the nuances of long standing, as well as emerging health disparities in our ever-changing social environment. The volume features eleven original, interdisciplinary research and evidence-based articles from scholars with distinct disciplinary backgrounds and unique positionalities who offer new and meaningful perspectives for scholars and practitioners in their diversity, equity, inclusion, and social justice efforts within domains such as health communication and public health. Contributions to the book facilitate meaningful dialogue and knowledge exchanges to address a wide range of key health disparities related to structural barriers and racial inequities. Featuring highly interdisciplinary research spanning from the Global South to the Global North, this book will be a key resource for researchers, scholars and practitioners in both communication studies and health sciences, as well as their respective allied fields such as media studies, telecommunications, journalism, sociology, anthropology, cultural studies, medical science, nursing, public health, psychology/psychiatry, and medical informatics. It was originally published as a special issue of *Health Communication*.

Coping with Methuselah Henry Aaron, William B. Schwartz, 2004-01-20 Many medical authorities predict that average life expectancy could well exceed 100 years by mid century and rise even higher soon thereafter. This astonishing prospect, brought on by the revolution in molecular biology and information technology, confronts policymakers

and public health officials with a host of new questions. How will increased longevity affect local and global demographic trends, government taxation and spending, health care, the workplace, Social Security, Medicare, and Medicaid? What ethical and quality-of-life issues are raised by these new breakthroughs? In *Coping with Methuselah*, a group of practicing scientists and public policy experts come together to address the problems, challenges, and opportunities posed by a longer life span. This book will generate discussion in political, social, and medical circles and help prepare us for the extraordinary possibilities that the future may hold.

Coping with Geopolitical Decline Frédéric Mérand, 2020-10-22 How great powers react to their inevitable decline shapes their own destiny as well as the course of international politics. Leaders can decide to engage with others or isolate themselves; to build alliances or initiate war; to stoke up nationalism or invest in innovation; to focus on economic competition or develop their people's soft power. While some of these coping strategies foster cooperation, others provoke conflict with neighbours. In *Coping with Geopolitical Decline* leading political scientists, historians, and sociologists explore the strategies adopted by leaders and domestic elites to prevent, reverse, or deny the decline of their country. Analyzing four European cases (Byzantium, England, France, Russia) before turning to the contemporary debate in the United States, they argue that geopolitics is not fate. Coping strategies depend on the context, which includes cultural representations of decline, the experience of military defeat, and domestic politics. Whether elites choose to modernize their economy, bolster their diplomatic status, or launch preventive war makes a difference in the extent and speed of a country's decline. By the same token, coping strategies affect world order. A well-managed decline allows for a peaceful power transition. Some strategies, however, may preserve the peace at the expense of a country's standing, while others will stave off decline but encourage imperialist adventures or precipitate military conflicts. As the United States challenges the liberal international order, fights back China's ascendancy, and reconsiders its traditional alliances, *Coping with Geopolitical Decline* analyzes key lessons from Europe's experience and provides comparative insight into the likely dynamics of cooperation and conflict in the twenty-first century.

The Best of Coping Catherine Brandon, Erica Frydenberg, 2008-02-01 The Best of Coping program is designed to provide teachers, youth workers, social workers and counsellors with a structured, comprehensive program for helping adolescents develop resilience and coping skills to deal with common problems and situations.

Parenting Through Cancer Leonor Rodriguez, 2022-09-22 A practical guidebook for healthcare practitioners on how best to support children, young people and families through parental cancer.

Stress and the Family: Coping with normative transitions Hamilton I. McCubbin, Charles R. Figley, 1983 First Published in 1983. Routledge is an imprint of Taylor & Francis, an informa company.

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