### Info sheet

**This learning unit focuses on coping. It first describes what coping means, introduces cognitive-behavioral therapy, and mentions a few easy-to-learn techniques.**

**What is Coping?**

Coping means dealing with and is defined as a person's continually changing cognitive and behavioral efforts to cope with specific external and internal demands that are perceived to strain or exceed their resources. In simple terms, people try to cope with stressors or challenges that arise in their lives. Techniques from cognitive-behavioral therapy are suitable for this purpose.

**What is Cognitive-Behavioral Therapy?**

Cognitive-behavioral therapy is a psychosocial intervention that focuses on changing harmful thoughts, beliefs, attitudes, and behaviors, improving emotional regulation, and developing various coping strategies to solve problems.

**Techniques**

The techniques introduced are Mindful Breathing, Progressive Muscle Relaxation, and the Thought Diary. If you have already explored mindfulness and meditation, you have probably heard of Mindful Breathing. Many instructions are available online, from guided or unguided visualization techniques through YouTube videos and audiobooks to scripts. Mindful breathing puts the breath into a relaxed, stable state, allowing you to view the current situation from a more balanced perspective. You become calmer and less nervous, contributing to more effective decision-making. If you're interested, watch a video about Mindful Breathing. Here is a link from AOK on the topic: [Achtsames Atmen - AOK](https://www.youtube.com/watch?v=6dlm64za5Uw)

For the second technique, Progressive Muscle Relaxation, you may have also come across it if you've delved into mindfulness. In Progressive Muscle Relaxation, you are prompted to relax one muscle group at a time until the entire body is relaxed. Exercise can also be used before bedtime to improve sleep. Many instructions are available for this technique, such as YouTube videos on the internet. Here is a link from AOK on the topic: [Progressive Muskelentspannung - AOK](https://www.youtube.com/watch?v=c8NdFOXBgxE)

Perhaps you've experienced a situation where you failed a test at school, and instead of seeking a solution to make the following test successful, you dwell on the failed test and indulge in self-doubt. With the third technique, the so-called Thought Diary, you try a form of self-reflection. The method can help you identify, describe, and change your thought patterns. You describe the situation—what happened and reasons for how it happened. Then, you can consider changing your behavior to prevent it from happening again.