# Bewältigungsstrategien/ Ressourcen

- Bewältigungsstrategien die jeder zur Verfügung hat, sind subjektiv
- Die emotionalen, aktiven Problemlösestrategien steigern die positiven Gefühle; außerdem schaffen sie das Gefühl die Situation beeinflussen zu können
- Werterhaltung und Einstellung
- Externe Ressourcen wie soziale Kontakte und Unterstützung sind ebenfalls wichtig
- Praktische und finanzielle Unterstützung von den Verwandten; Freunde geben emotionale Unterstützung

# Bew Ltigungsstrategien Angewandte Verteidigung Depressionen Psychosen

**JL Elias** 

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