

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

Bewertungsstrategien Angewandte Verteidigung Depressionen Psychosen

Patrick Hanslmeier



Bew Ltigungsstrategien Angewandte Verteidigung Depressionen Psychosen:

Uncover the mysteries within Crafted by is enigmatic creation, Embark on a Mystery with **Bew Ltigungsstrategien Angewandte Verteidigung Depressionen Psychosen** . This downloadable ebook, shrouded in suspense, is available in a PDF format (Download in PDF: *). Dive into a world of uncertainty and anticipation. Download now to unravel the secrets hidden within the pages.

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