SEEDS OF WELLBEING

CTAHR

PROBLEM-FOCUSED COPING STRATEGY

Hawai'i's agricultural producers experience stress from many challenges including weather, pest/invasive species, fluctuating markets and finances, regulations, succession planning, among many others. Research indicates that problem-focused coping is beneficial and supports resiliency, and is one of the top coping strategies reported by Hawaii's agricultural producers in the 2021-2022 SOW's Needs Assessment.

What is Problem-Focused Coping Strategy?

It is a coping strategy which aims at resolving the stressful situation or event or altering the source of the stress.

Examples of Problem-Focused Coping Strategy

1.Problem-Solving

Ways to practice:

- Defining the problem clearly
- Identifying possible contributing causes
- Generating different solutions/options
- Evaluating and selecting alternatives
- Implementing with commitment
- Following up with evaluation, pros/cons

2.Time Management

Ways to practice:

- Setting goals that are achievable and measurable
- Figuring out how you're currently spending your time
- Creating a daily schedule
- Setting a time limit to complete a task
- Prioritizing wisely
- Eliminating distractions
- Taking a break between tasks

3.Get More Information

Ways to practice:

- Using internet and social media, but evaluating sources wisely
- Attending seminars or workshops
- Reaching out to experts & professionals
- Getting involved with community

4. Ask for Support

Ways to practice:

- Formulating your words and thoughts before asking
- Reaching out to the people who cares about you
- Clarifying your situation and what kind of support you need
- Showing gratitude
- **Seeking Help Is Strength**

To learn more, visit https://manoa.hawaii.edu/sow-well/

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