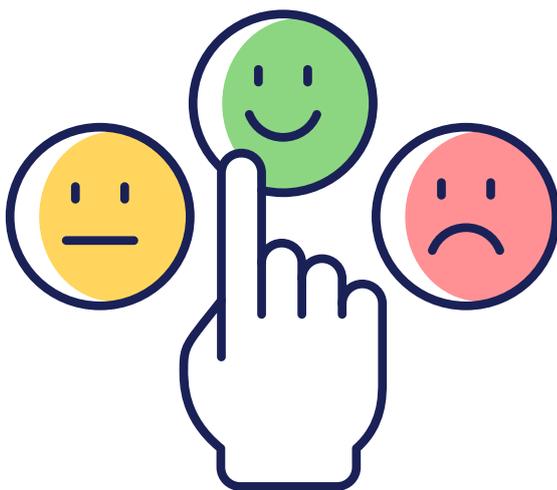
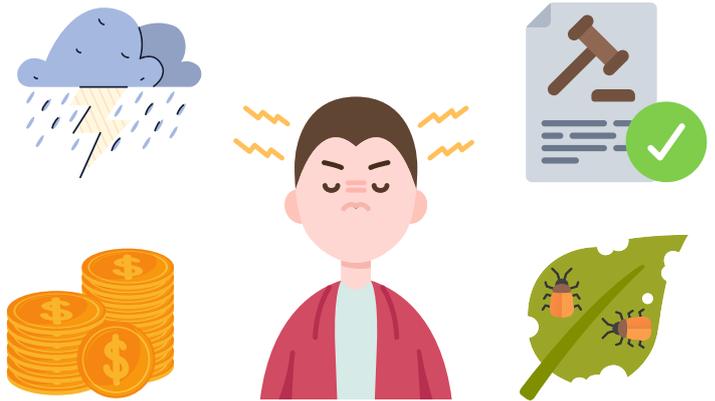


EMOTION-FOCUSED COPING STRATEGY

Hawai'i's agricultural producers experience stress from many challenges including weather, pest/invasive species, fluctuating markets and finances, regulations, and succession planning. These are just a few stressors among many others. Research indicates that emotion-focused coping is beneficial and supports resiliency and positive affective response to stressors.



What is Emotion-Focused Coping Strategy?

It is a coping strategy focused on "regulating your feelings and emotional response to the problem" (Raypole, 2020). This strategy is appropriate when you have to deal with stressful situations that you can't change or control.

Ways to Practice

1. Listening

Acknowledge the emotion(s) that you are feeling by listening & tuning into the body

- Bring awareness to the physical sensations that are happening in the body & face (See page 3).



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

2. Labeling

- Ask yourself "What emotion am I feeling now?" There could be more than one.
- Enhance your emotional vocabulary by using the Feeling Wheel (Fig. 1).
- Notice & recognize the intensity of the emotion(s).
- State these emotions out loud to yourself.
- By labeling the emotions, you are taming them.



3. Letting Go

- Let go of the attempt to control your emotions.
- Recognize that emotions are temporary, that they come and go
- Practice non-judgment. Acknowledge that the feeling is not good or bad, it is just a feeling.
- Remember that emotions only last for 90 seconds, and it is thoughts that fuel them
- You welcome all emotions as if they are visitors, recognizing that visitors don't overstay their welcome.

4. Live in Alignment with Values

- Remember your core values (e.g., aloha, humor, kindness, forgiveness, etc.).
- Remember that emotions are teaching you something about yourself, about others, about life.
- Refocus and align your thought, speech, and action to your core values
- If it's something you can't control, what you can control is how you respond.



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Joyful

Physical signs:

- Smiling
- Relaxation in your muscles
- Salivation



Mad

Physical Signs :

- Clenching your jaws or grinding your teeth
- Stomach ache
- Shaking or trembling
- Dizziness



Powerful

Physical signs:

- Cardiac acceleration
- Pupil dilation



Scared

Physical Signs :

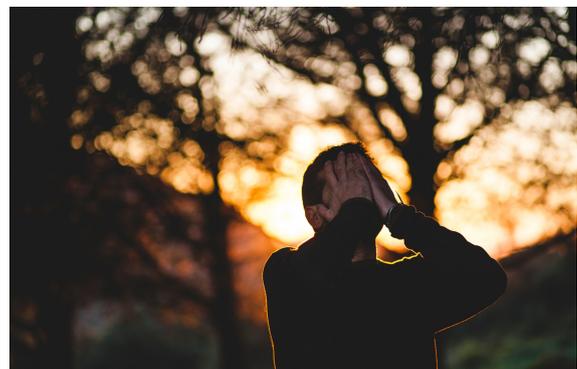
- Increase in breathing rate and heart rate
- Tension in your muscles
- Blood vessels in your extremities constrict.



Sad

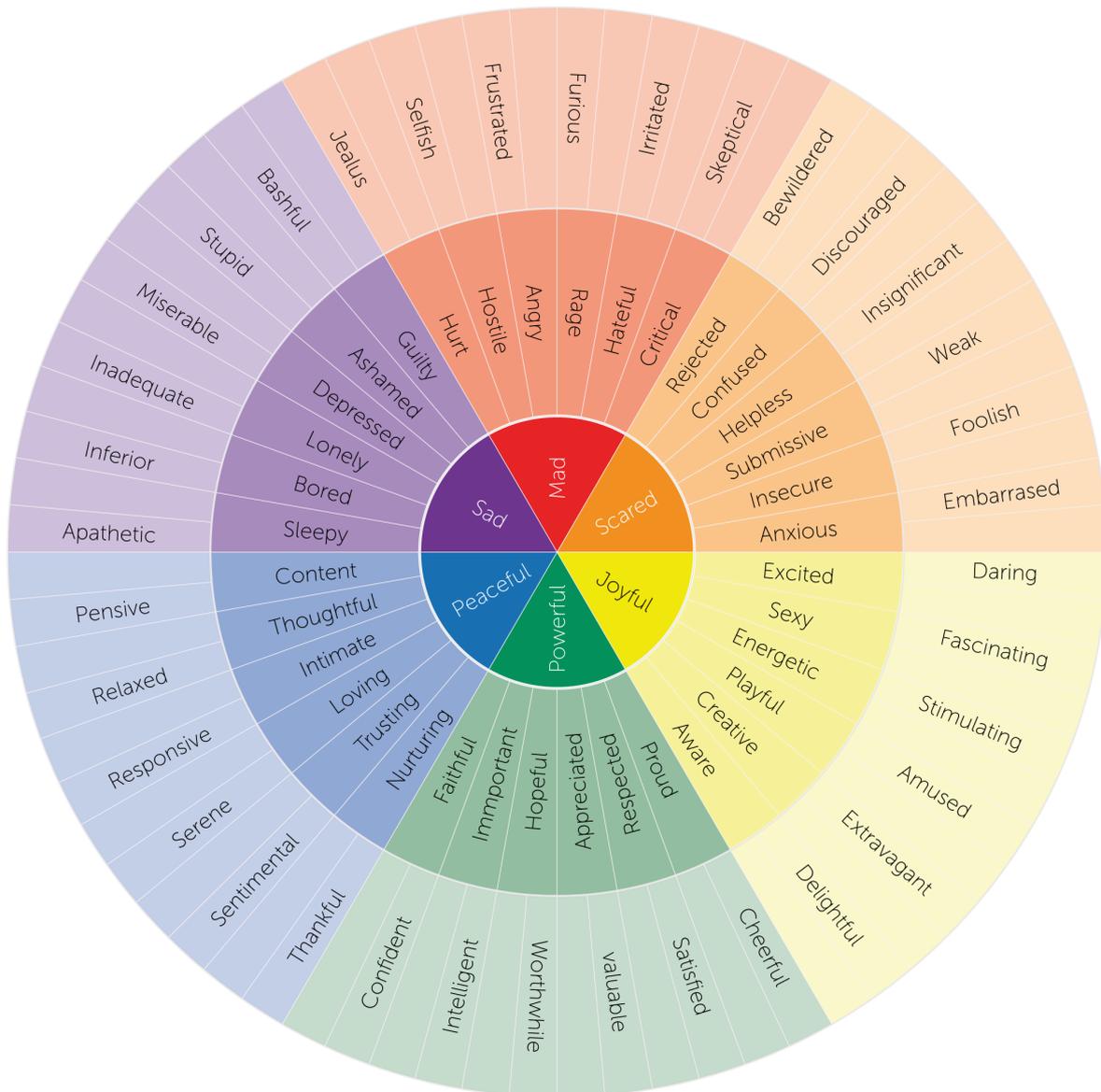
Physical Signs :

- Headaches
- Achy joints
- Sore muscles
- Slow immune system
- Crying



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Figure 1: Feeling Wheel



Feeling Wheel, CC BY-SA 4.0 <<https://creativecommons.org/licenses/by-sa/4.0/>>, via Wikimedia Commons

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