

Coping Wheel

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A coping wheel is a visual tool designed to help individuals, particularly children, identify and utilize various coping strategies to manage emotions and stress. It typically consists of a circular design divided into sections, each representing a different coping technique.

The techniques and strategies in the coping wheel are grouped into the following:

Focus: Each coping strategy has a particular focus, which could be actions, personal abilities, social resources, and available options.

Coping family: This refers to a group of strategies with the same action tendency. Examples of these are problem-solving and information-seeking under the action focus and support-seeking under the focus on social resources.

Way of coping: This describes how the coping strategy is implemented. For instance, under the focus on personal abilities and within the coping family of self-comforting, the various ways of coping include emotion regulation, behavior regulation, emotional expression, and emotion approach.

Adapted from: Skinner, E. A., & Zimmer-Gembeck, M. J. (2007). The development of coping. *Annual Review of Psychology*, 58, 119–144.
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