

# Download Creative Coping: A Guide To Positive Living

In psychology, coping means to invest own conscious effort, to solve personal and interpersonal problems, in order to try to master, minimize or tolerate stress and conflict. HEARING VOICES COPING STRATEGIES  
The following are suggestions for coping with the experiences of hearing voices, and seeing visions and having tactile sensations. If constant stress has you feeling helpless, disillusioned, and completely exhausted, you may be on the road to burnout. When you're burned out, problems seem insurmountable, everything looks bleak, and it's difficult to muster up the energy to care, let alone take action to help yourself. Creative Strategies for the Treatment of Anger Diane E Frey, Ph.D, RPT?S Probably the most common underlying emotion many clients experience is one of anger.