

# Coping With Work Stress A Review And Critique

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## Coping psychology Wikipedia

January 17th, 2019 - 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 The psychological coping mechanisms are commonly termed coping strategies or coping skills The term coping generally refers to adaptive constructive coping strategies That is strategies which reduce stress

## Humour Wikipedia

January 13th, 2019 - Humour British English also spelt as humor American English see spelling differences is the tendency of experiences to provoke laughter and provide amusement The term derives from the humoral medicine of the ancient Greeks which taught that the balance of fluids in the human body known as humours Latin humor body fluid controlled human health and emotion

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