



Strategies for Coping with Daily Stress and Related Educational and Psychosocial Factors

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Message from the Guest Editor

Coping strategies have been considered as conscious and voluntary efforts to regulate emotions, behaviors, cognitions, and psychophysiology, as well as environment variables in response to the stress of everyday events. There is growing interest in evaluating coping strategies in the face of those small everyday disturbances.

The purpose of this Special Issue is to invite you to submit articles that expand the current state of knowledge about the coping strategies used in different situations of everyday stress, and their relationships with other factors or variables that may have relevant educational and clinical implications, in order to address those unproductive strategies to combat everyday stress considering the effect of protective variables.

Special attention will also be given to original and innovative contributions to the training of strategies such as effective communication, optimistic thinking, decision making, adaptive problem solving, time organization, and planning of objectives, or the recent line of intervention in which the way to face daily stress and adversity is based on the application of mindfulness or concentrated attention.





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