

# **BASIC-ph Model of Coping**

**Post by “Kalosyni” of April 23, 2025 at 4:23 PM**

Here are six areas of developing coping resources. It was developed by [Mooli Lahad](#).

In Epicurean philosophy we see how we have within us a natural urge to move away from pain and toward pleasure, and I see this model as six areas which can be developed to build resilience by moving toward that which is pleasant and pleasurable.

Here is a diagram I made:

# BASIC-ph Model of Coping (by Mooli Lahad)

## Beliefs and Values

- Religious beliefs
- Political beliefs
- Feeling a sense of mission/meaning
- Valuing self-fulfillment and self-expression

## Affect (Emotion)

- Expressions of emotion (crying, laughter, or talking with someone about experiences)
- Non-verbal (drawing, reading or writing to express oneself)
- Music (listening or playing)

## Physiological

- Exercise
- Walking/jogging/hiking
- Sports
- Dancing
- Cooking
- Eating
- Cleaning
- Relaxation
- Meditation
- Yoga
- Sun-bathing

## Social

- Belonging to a group
- Taking a role
- Being part of an organization
- Time with friends and family

## Cognitive

- Information gathering
- Problem solving
- Self-navigation (autonomy)
- Inner (internal) self-dialog
- Lists of activities or preferences

## Imaginative

- Daydreaming
- Using guided imagery
- Imagining additional solutions to the problem that go beyond the facts
- Art & creative methods
- Improvisation
- Humor
- Diverting attention to pleasant thoughts