

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

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Under the category of developing resilience through "beliefs and values" ---> one possible activity for an individual oriented toward the study of the philosophy of Epicurus, would be to create a home altar with either a picture or a bust of Epicurus. Altars can also be decorated with natural elements of water, earth, and fire (flowers in a vase of water, and candles or electric lights)...etc. etc.. And either books or cherished excerpts or [Principal Doctrines](#), etc (hand written on nice paper or printed out by inkjet) can also be placed on an altar. It is up to each individual to decide whether or not this feels like something that they would enjoy doing.