

## **The Modern Elastic Band: Stress Coping, Social Support and Serious Mental Illness**

### **Abstract**

Three topics related to coping of stress of modern life will be discussed. First, it will discuss the occurrence of stresses associated with living in urban environment (e.g., city landscape, digital background), and examine what the implications are for human services practitioners and researchers. Second, it will switch to using the recovery approach for people with serious mental illness as an example and explain how some of the social support or psychosocial interventions developed within the approach help people to cope with stress and support their recovery journey. Third, it attempts to re-think the very nature of the “stress” and “coping” and to proffer novel solutions.