

Role of Mindfulness and Coping Strategies in Social Work Interventions for Affected Wives

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Abstract: *Wives of chronic alcoholics frequently experience significant psychological distress, including anxiety, depression, low self-esteem, and chronic stress, due to the persistent behavioral, emotional, and financial challenges posed by their spouses. Social work interventions aimed at supporting these women increasingly incorporate mindfulness practices and structured coping strategies to enhance psychological resilience and overall well-being. Mindfulness, which involves present-moment awareness and nonjudgmental acceptance, helps individuals regulate emotional responses, reduce rumination, and cultivate self-compassion. When integrated with adaptive coping strategies such as problem-solving, seeking social support, and emotion regulation these interventions provide a holistic framework to mitigate stress and foster mental health among affected wives.*

Keywords: Mindfulness, Coping Strategies, Social Work Interventions