



# Managing Unhealthy Coping Mechanisms

When times get tough, instinct often pushes people toward coping mechanisms. These mechanisms can help people feel like they're escaping reality by relieving stress or distracting their minds. This can become problematic when one turns to harmful, unhealthy coping mechanisms.

## Alternatives to Unhealthy Coping Mechanisms:

- Create tasks lists.
- Talk about stress.
- Address negative feelings.
- Learn your triggers.
- Pick up a new hobby.

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