

Understanding Coping Mechanisms



What Is a Coping Mechanism?

Coping mechanisms are the ways in which we handle stress in our daily lives. The Cleveland Clinic describes coping as a process rather than a single event. It's a way of adapting to the events of daily life that allow you to navigate difficult times or situations with a bit more ease.

It is important to note that there are both healthy and unhealthy coping mechanisms. Eating sweets is **a** way of coping, but it is not **a healthy** way. A healthy way of coping might be going for a walk or calling a friend. Coping mechanisms are very individualized and what works for one person may not work at all for another.

Examples of coping strategies:

- getting enough sleep
- exercising
- meditating
- taking time for self-care
- taking a vacation
- eating a nutritious diet
- taking time for rest during the day
- going for a walk, yoga, or dance

Now that you understand some of the different types of coping strategies, take a moment to reflect on what you use to manage stress in daily life. List the ways below.

Would you consider your coping mechanisms healthy or unhealthy?

How well are these strategies working to help you manage daily life stress? Do you feel that your stress is under control?

Where do you see room for growth in finding healthy ways to manage stress?

Write any other reflections below.