

Healthy COPING MECHANISMS

Exercise – In addition to helping you achieve and maintain a healthy weight, sleep better, and reduce your risk of developing a multitude of serious health problems, regular exercise also improves your emotional well-being.

Binaural beats - allows you to relax, calm your mind, and helps to focus on your breathing.

Journaling - is a great way to express your feelings (both positive and negative) in a safe, private environment. Doing so on a regular basis will help you gain insight into yourself, and prevents negative feelings from bottling up.

Meditation – It can be as simple as taking a few minutes to find a quiet place and sit in silence, focusing on nothing more than your breathing.

Deep breathing – is an excellent way to reduce those negative feelings and calm yourself down. Practice breathing from the diaphragm, inhaling deeply and exhaling slowly.

Talking it out – Find a trusted confidante with whom you can disclose distressing feelings and thoughts. Talking about them is a good way to work through them.

Help others – Volunteer your time and energy to an organization or charity that speaks to you, great way to facilitate healing, by helping to uplift and support others.

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When feeling stressed or anxious try one of these coping mechanism to help ease your way to relaxation