



Healthy Vs Unhealthy Coping Strategies

Healthy

Any Form Of Exercise

Healthy Eating

Talking With Someone
You Trust

Journaling How You Feel

Prayer

A coping strategy is the actions you take both consciously and unconsciously when stress and problems arise.

Unhealthy

Oversleeping/Undersleeping

Drinking/Drug Use

Overeating/Undereating

Self-harm

Isolating Yourself

Unhealthy coping strategies provide instant happiness with long-term negative consequences while healthy coping strategies take a little longer but provides positive long-lasting effects.