

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.

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