

5 Alternatives to Unhealthy Coping Mechanisms

Provided by Endeavor Risk Advisors

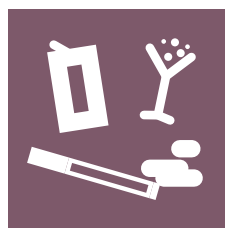
It might be easy to lean on a coping mechanism when times get tough. Coping mechanisms can help people feel like they're escaping reality by relieving stress or distracting their minds. While this is quite common, it becomes a problem when a person turns to coping mechanisms that are unhealthy, which can be harmful in the long run.

Unhealthy Coping Mechanisms

People typically turn to unhealthy or destructive behaviors due to poor mental health, stress and isolation. Here are some of the most common unhealthy coping mechanisms:



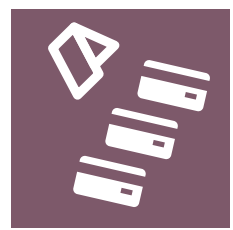
Oversleeping



Excessive drug or alcohol use



Overeating or undereating



Impulsive retail spending

Alternatives to Unhealthy Coping Mechanisms

It's common to want a distraction or release from feelings of stress or anxiety.

Healthy coping mechanisms can help address stress and anxieties in a positive way.

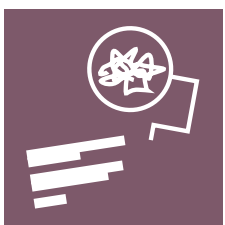
Check out these five healthy alternatives for coping with stress or other unpleasant emotions:



1. **Create task lists.** Unhealthy coping mechanisms can prevent you from reaching your short- and long-term goals. Making a task list of personal goals can help you achieve the things you want and elevate your mood by physically seeing your accomplishments when an item is checked off the list.



2. **Talk about stress.** Find someone willing to listen to you, such as a close friend, family member or mental health professional. Putting your feelings into words can help alleviate stress and feelings.



3. **Address negative feelings.** Negativity is a part of life. Trying to avoid it is called avoidance behavior, which can result in reaching for unhealthy coping mechanisms.



4. **Learn your triggers.** Knowing what you react negatively to can help you prepare to respond in a healthy way.



5. **Pick up a new hobby.** Creative and physical outlets, such as painting or running, can be therapeutic and rewarding. Plan a time and dedicate a space to practice your new hobby.

Contact us today for more information on practicing healthy coping mechanisms.