

Coping Strategies

In today's complex world, many of us find ourselves feeling stressed about things ranging from personal concerns to world issues. Using positive coping strategies can have beneficial effects on us... and those around us.

Get professional help if you need it



Connect with others

Get physically active



Stay positive

Deal better with hard times



Ten tools to help you ¹
According to Mental Health America (<http://www.mentalhealthamerica.net/our-history>), these proven tools can help you feel stronger and more hopeful. Check out each page for specific, easy-to-follow tips.



Help others

Take care of your spirit



Get enough sleep

Eat well



Create joy and satisfaction

¹<http://www.mentalhealthamerica.net/deal-better-hard-times> - accessed 2/21/18