



COPING MECHANISMS

Coping strategies are psychological patterns that individuals use to manage thoughts, feelings, actions, painful or difficult emotions. They are strategies individuals can use during stressful events that support their emotional well-being. They usually involve adjusting to or tolerating negative events or realities to keep up with a positive self-image and emotional equilibrium.

“Peace is not something you wish for, it's something you make” - Robert Fulghum.