

# Coping Strategies

## Do's

Exercise/walking/stay physically active



Talking about your problem to few people you like



Healthy eating



Seeking professional help



Seeking social support



Using social support



Relaxation techniques (e.g., Deep breathing/slow breathing)



Thinking positively



## Don'ts

Using drug or alcohol



Overeating

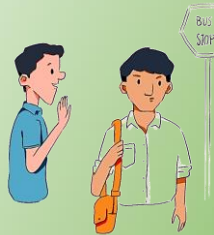


Procrastination



Sleeping too much or too little

Social avoidance



Self-harm



Aggression or anger



Resist pessimistic thoughts



# Mental Health Promotion



## Mental Health

✚ Mental health is “a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community”.

World Health Organization (WHO)

### Anxiety Disorder

✚ Anxiety Disorder becomes pathological when anxiety is disproportionate to the severity of stressor.

✚ The main symptoms of anxiety disorders are -

- ❖ excessive fear
- ❖ hard to stay still
- ❖ hard to concentrate



### Depression

✚ Depression is a mental illness which frequently occurs

- ❖ loss of happiness
- ❖ persistent feeling of sadness
- ❖ loss of interest
- ❖ fatigue or low energy
- ❖ unable to sleep and eat

✚ It might cause trouble doing normal day-to-day activities, and sometimes you may feel as if life is not worth living.



### Post-Traumatic Stress Disorder (PTSD)

✚ Post-traumatic stress disorder (PTSD) is a psychiatric disorder that may occur in people who have experienced or witnessed a traumatic event such as a natural disaster, a serious accident, a terrorist act, war/combat, or rape.



✚ Symptoms of PTSD are -

- ❖ reliving the trauma over and over
- ❖ bad dreams
- ❖ difficulty sleeping
- ❖ avoiding the related things to the traumatic event
- ❖ easy to be frightened
- ❖ loss of happiness
- ❖ easy to be anger

### Coping strategies

✚ Coping strategies are actions we take consciously or unconsciously to deal with stress.

✚ These are generally useful for reducing source of the problem.

✚ Among coping strategies, although some are the ones to do, some are the ones not to do as they may cause the negative effects in long-term use.