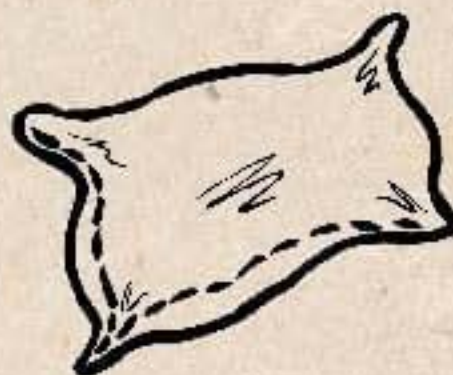


Unhealthy Ways of Coping:

- ☐ Not getting enough rest or sleep
- ☐ Overworking
- ☐ Binge eating
- ☐ Problematic gambling
- ☐ Substance use
- ☐ Isolating from others
- ☐ Watching too much television
- ☐ Being overly controlling to try and regain sense of control
- ☐ Consuming high amounts of upsetting news
- ☐ Spending too much time with activities and people that can be “emotionally tiring”



Office of
Mental Health