

8 Positive Coping Strategies to Combat Tough Situations

When we are stressed, it may feel like nothing helps. Having effective coping, problem-solving, and communications skills can make a big difference.



1. Seek support from a health care provider, counselor or chaplain.



5. Exercise regularly. Cardio and strength training can reduce stress levels and keep you mission ready.



2. Stay connected. Support from friends and family can improve well-being when facing stress.



6. Get involved in passions, hobbies, or activities that you enjoy—for example art can be a positive, creative way to express feelings.



3. Practice relaxation methods: Muscle relaxation, breathing exercises, meditation, stretching, yoga, prayer, listening to quiet music, or time in nature.



7. Avoid drinking too much or mixing alcohol and medications. It may seem like an easy way to decrease stress, but can create additional problems and actually increase stress.



4. Get good sleep. Poor or insufficient sleep has a significant negative impact on your health.



8. Take a break from the news or social media if those activities cause you stress.

Learn how to **#BeThere** for yourself and others at www.dspo.mil.



#BeThere

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