# Heathy versus Unhealthy Strategies for Coping with Anxiety

**Unhealthy**
- Alcohol abuse
- Smoking
- Drug use
- Over use of caffeine
- Over or under sleeping, excessive naps
- Poor nutrition
- Failure to exercise or over-exercising
- Negative or irrational self-talk
- Social withdrawal/isolation
- Failure to attend classes
- Failure to discuss problems/reach out to supportive people
- Projection (not owning one’s problems, attributing them to someone or something else)
- Displacement (taking out aggression on someone who is not the source of stress)
- Passive, aggressive, or passive-aggressive communication and behavior
- Self-injurious behaviors
- Watching too much TV/overuse of internet or video games
- Procrastination
- Compulsive spending
- Engaging in risky behavior (sexually, financially, physically, etc.)

**Healthy Coping Strategies**
- Minimize/abstain from alcohol
- Minimize/abstain from tobacco
- Avoid drug use
- Minimize/abstain from caffeine
- Get the proper amount of sleep (8 hours/night)
- Eat healthy and get enough to eat
- Exercise daily or at least 4-5 times a week
- Use positive, rational self-talk
- Spend time with friends and family
- Attend all classes, even if you don’t feel like it
- Talk to supportive friends and family
- Acknowledge the problem (own your stress, don’t minimize or ignore it)
- If appropriately, speak assertively with individuals who are causing stress
- Use assertive communication
- Express yourself creatively and healthily—journaling, art, poetry, music, etc.
- Pick up or engage in a hobby you enjoy that is active
- Learn to manage your time more effectively
- Permit yourself to indulge/buy something fun that is affordable that won’t result in guilt later
- Do something fun/invigorating that is not risky (hike, swim, etc.)