

HEALTHY

VERSUS

UNHEALTHY

COPING MECHANISMS

As you are coming to terms with what has happened, you may be using or searching for outlets that help you express your feelings. Here is a list of what to do and what not to do.



**DO connect
with others**

**DO try to talk
about the
event if and
when
necessary**

**DO try
relaxation
techniques**

**DO look for
support from
others**



**DON'T
withdraw from
others**

**DON'T look to
alcohol or
drugs**

**DON'T lash out
at those
around you**

**DO NOT
become
reckless**