Filling up every minute of the day to avoid facing problems

Isolating from friends, family, colleagues and activities

Overeating or undereating

Spending too much time in watching TV or computer

Taking out your stress on others (lashing out, angry outbursts, physical violence)

Unhealthy Ways to Cope with Stress

Using pills or drugs

Procrastinating

❌ Smoking

Self-indulgence

Sleeping too much

Drinking too much

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