

MENTAL CONDITIONING (COPING MECHANISMS)

As was said previously, mental conditioning involves training not only your mind but also, to some degree, yourself to have a better performance. When confronted with stress and obstacles, a well-conditioned mind should be able to use appropriate non-destructive coping mechanisms. When faced with stressful or traumatizing situations, people often turn to coping mechanisms to help them deal with their feelings. There are many ways to cope with stressful events and maintain a healthy level of emotional well-being for yourself and others.

Problem-centered coping is effective when you need to modify your surroundings, such as removing a stressor. For instance, removing an unhealthy relationship from your life may reduce your stress. Problem-focused mental health techniques emphasize external elements including human interactions and the environment. **Emotionally focused coping** is utilized when you can't modify the stressor, such as when a loved one dies. For emotional wellness, use emotion-centered coping techniques. Mental health illnesses that cause chronic stress need emotionally-based coping techniques for day-to-day health management.

HEALTHY VS. UNHEALTHY COPING MECHANISMS

Everybody handles stress differently. Others find comfort in pets or physical activities. These are healthy coping skills—positive and helpful methods to handle stress.

However, not all coping mechanisms work are helpful. Drug abuse, self-harm, and other self-destructive behaviors are unhealthy coping mechanisms. Unhealthy coping methods are a prevalent PTSD characteristic. Long-term, they are an impediment to having a productive life.

Healthy problem-solving reduces stress and injury. Self-destructive coping strategies are harmful. Unhealthy coping techniques may seem to work in the short term, but their relief is temporary.

Many mentally ill people use inadequate coping mechanisms to handle emotional stressors. Mental illness patients who use harmful coping techniques may find it challenging to change unhealthy behaviors. Professional mental health therapy may help with sustained improvement.

HEALTHY	UNHEALTHY
Caring for yourself – Put on fragrance lotion, go outside, take a bath, sip tea, or paint your nails or use a face mask.	Inappropriate or excessive alcohol use.
Engaging in hobbies – Relax and unwind by doing something you like, such as coloring or painting.	Drug misuse, particularly when used to cope with problems rather than as a recreation, is harmful (keeping in mind that the safest quantity of drug consumption is zero).
Exercise – Yoga, walking, hiking, or leisure sports may help.	Anger or violent behavior—Anger may damage relationships, careers, and health.
Practice mindfulness – List or concentrate on the people, places, and things that offer you pleasure.	More than 'average' occasional junk food consumption.
Use relaxation strategies – Play with a pet, do breathing exercises, use a relaxation app, enjoy aromatherapy, or journal.	Self-harm that results in physical injury to one's body.

IMPORTANCE OF HEALTHY COPING MECHANISMS

Healthy coping skills may help you avoid suffering and solve difficulties early. By knowing the two basic coping abilities, you may choose stress-specific techniques. Talking to a mental health expert might assist if you struggle to use appropriate coping techniques. A therapist can help you build new mental health skills.

As humans, we need to have the ability to cope with unpleasant events by developing good coping mechanisms. As a result, no matter what challenges we face in the future, we have the strength and determination to keep going.

The alternative is to use unhealthy coping mechanisms, which may prolong the healing and may even lead to depression or drug abuse in the long run if they aren't used in the right way. A key part of learning how to deal well is figuring out the difference between good and bad coping mechanisms when confronted with stressful situations.

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