

# COPING MECHANISMS

## Meeting Basic Needs and Building Resilience

### BASIC NEEDS

In times of crisis, meeting basic needs is the foundation of coping:



**Adequate Rest:** Try to get enough sleep, about 7-8 hours, and regularly rest from stimulation.



**Nutrition:** Eat healthy and nutritious food.



**Hydration:** Drink plenty of water and limit coffee, soda, and energy drinks.



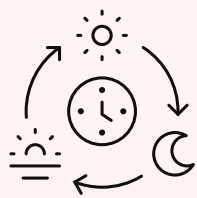
**Exercise:** Move a little every day, like going for a walk or swimming.



**Environment:** Try to create a safe and comfortable environment around you, as much as possible.

## COPING MECHANISMS AND BUILDING RESILIENCE

Once basic needs are met, these additional coping strategies can enhance resilience:



**Routine and Structure:** Establish a daily routine to provide a sense of normalcy and control.



**Physical Activity:** Engage in regular exercise or physical activities to reduce stress and improve mood.



**Social Support:** Maintain connections with friends, family, or support groups for emotional support.



**Mindfulness and Relaxation:** Practice mindfulness, meditation, or deep breathing exercises to calm the mind.



**Creative Expression:** Use arts, writing, or music as an outlet for expressing feelings and emotions.



**Limit Exposure to Stressors:** Reduce the intake of news or social media if it increases anxiety or distress.



**Seek Professional Help:** If coping becomes too difficult, consider seeking help from mental health professionals.

*Different coping mechanisms work for different people.  
We need to figure out what works best for us.*



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