

When Do Coping Mechanisms Become Unhealthy?

Description

Whether it's the pressures and stresses of trying to raise a happy healthy family, some history of mental illness, or anything else, we all have our techniques to deal with the difficult things in life. We all get affected by our past and environments, and many of us take steps, consciously or not, to cope with that stress. These are our coping mechanisms, and there are many different kinds. However, not all coping mechanisms are healthy for us, some can lead us into even more trouble. So, let's look at some of the risks of coping mechanisms.



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Over-indulgence can be bad for our health

There are some vices that might be relatively safe in moderation, but when we start over-indulging in them, they can become a significant risk to our health. Stress eating is amongst the most common of these makeshift remedies, and it can lead to dangerous weight gain and the chronic health issues associated with that, such as heart disease, diabetes, and more. For a lot of people, smoking is that vice, and while [quitting smoking](#) is difficult, it can help you find healthier coping mechanisms. Often, these temporary, physical relievers are just that: temporary, doing little to help us in the long run.

The coping mechanism can become a problem in and of itself

There are coping mechanisms that have unhealthy impacts on our lives, but there are coping mechanisms that are, in and of themselves, inherently dangerous. This includes any form of self-medication, such as using alcohol to prescription painkillers beyond their intended use, or any other forms of illicit substances to help you deal with stress, depression, or other mental health issues.

Looking at [inpatient drug rehab](#) may be essential to help you work your way out of that particular set of coping mechanisms. Other people will instead find that they are prone to indulging in fits of anger or aggression, or even self-harm. In this case, professional help is still essential, but it's recommended that you talk to a therapist instead to help you get to the root of these practices.

Building healthier coping mechanisms

With the above examples, it may seem like coping mechanisms are inherently bad. That's not true, however, there are ways to make healthier habits into your natural response when it comes to [dealing with stress](#) or other emotional difficulties. This can include keeping a mental health journal, meditating, using deep breathing exercises, or exercising, all of which have positive short-term and long-term mental health benefits. Of course, learning to talk about your feelings and the issues affecting you can be of a big benefit, as well. A lot of us keep our problems in our own heads, letting them stew and become a larger part of our lives when getting the perspective of another could be a bigger help than we realize.

None of us are perfect, and this includes how we deal with the imperfections of our lives. Addressing our coping mechanisms and knowing when we need help is going to play a big role in helping us manage our emotional health in the long run.

Date Created

2021/08/03