

COPE

Meaning: To manage or deal effectively with difficult situations or emotions.

1. It can be difficult to cope with the stress of everyday life.
2. She learned to cope with her anxiety through meditation and mindfulness.
3. After the loss of his job, he struggled to cope with the sudden changes in his routine.
4. Children often find it challenging to cope with their emotions during tough times.
5. The therapist provided strategies to help her cope with the overwhelming grief.
6. She found it difficult to cope with the stress of her new job.
7. He learned to cope with his anxiety through meditation and deep breathing.
8. During tough times, it's important to have friends who help you cope.
9. Many people cope with loss by sharing their feelings with others.
10. The therapy sessions helped her cope with the challenges of daily life.
11. She had to learn how to cope with the stress of her demanding job.
12. After the loss of her pet, it took time for her to cope with the grief.
13. He found it difficult to cope with the changes in his life after moving to a new city.
14. Many people struggle to cope during difficult times, seeking support from friends and family.
15. The therapist taught him strategies to cope with his anxiety and improve his mental health.
16. It can be difficult to cope with the pressures of modern life without proper support.
17. She learned to cope with her anxiety through mindfulness and meditation techniques.
18. Many people find it hard to cope after a traumatic event, requiring time to heal.
19. Support groups can provide a safe space for individuals to share their experiences and cope together.
20. She had to learn how to cope with the stress of her new job.
21. After the loss of his pet, he found it hard to cope with his grief.
22. They developed strategies to help cope with the challenges of remote learning.

23. Even in tough times, it's important to find ways to cope and stay positive.
24. Therapy can provide valuable tools to help individuals cope with anxiety.
25. After the loss of her pet, she struggled to cope with her grief.
26. He learned to cope with his anxiety through meditation and exercise.
27. Many people find it hard to cope when faced with unexpected challenges.
28. Support from friends can help you cope during tough times.

*Source: sentences.whatistheurl.com
<https://sentences.whatistheurl.com/sentence/cope>*