

COPING

Meaning: Coping refers to the strategies or processes used to manage and adapt to stress, emotions, or challenging situations.

1. Coping with stress can often lead to personal growth and resilience.
2. She found that writing in her journal was an effective way of coping with her feelings.
3. The support group provided a safe space for individuals coping with grief to share their experiences.
4. Coping strategies can vary widely from person to person, depending on their circumstances.
5. He struggled for years before learning healthy coping mechanisms to deal with anxiety.

Source: sentences.whatistheurl.com

<https://sentences.whatistheurl.com/sentence/coping>