

# Unhealthy coping strategies

<b>Oversharing emotions and personal details on social media</b>	<b>Working excessively on school work to cope with anxiety about studies</b>	<b>Regularly over-exercising to the point of collapsing</b>
<b>Following a restrictive eating plan that involves eating less food than the body requires</b>	<b>Using energy drinks to boost energy levels and mood</b>	<b>Smoking or vaping to "calm nerves"</b>
<b>Punching the wall</b>	<b>Using substances such as alcohol or drugs</b>	<b>Overeating</b>
<b>Sleeping too much</b>	<b>Overspending</b>	<b>Ignoring feelings and refusing to speak about things</b>