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stressors coping skills and strategies cleveland clinic May 30 2020 web experts agree that coping is a process rather than an event you may alternate between several of the above coping strategies in order to cope with a stressful event people differ in particular styles of coping or prefer to use certain coping strategies over others these differences in coping styles usually reflect differences in personality

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50 strategies to beat anxiety psychology today Apr 21 2022 web mar 03 2015 key points not all anxiety reducing strategies work for everyone so experimentation is important anxiety reducing strategies can be put into three categories behavioral cognitive thinking

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