I usually focus on something that I enjoy doing because it will get my mind off what I'm stressed about.

Because I am happy doing these things

I like to make others laugh. If I can make someone else happy then it makes me happy. Also, if something is bothering me I will start to dance. Even if it's just a little movement it helps because it's hard to stay upset when you're dancing.

Usually I like to take a short nap or east some food. Most of the time when I feel stressed or anxious it's either because I didn't get enough sleep or I don't have enough food in my system.

Sports usually take my mind off of things but once it's over I'm back to usual.

Yoga, meditation, and working out :) I think they're effective because they allow me to release stress and let go of my crazy thoughts

I go to the gym to clear my head and to feel better about myself. I also talk to my friends about the problems if I am having any.

I talk to my mom who is basically my therapist about everything, I limit my social media use, i limit the time i spend alone in my room, i FaceTime and hangout with friends & family often, I meditate and do yoga, i take breaks when i do school work, i have a consistent sleep schedule. These are effective for me because i've learned that the   limitations i set were on things that have caused me to feel depressed. Being present (off my phone) and spending time with my loved ones always makes me feel good. It is helpful for me to live a balanced & structured lifestyle with a consistent sleep schedule & daily routine.

Breathing techniques, doing the things I love/ enjoy. I think they are effective b/c they distract me from my stress and anxiety.

I think writing things down or just seeing friends to get my mind off of things can help. Writing gets all my feelings out and seeing my friends can distract me.

I listen to music and read books. It becomes less isolating when you realize you are not alone.

Self care and prioritizing balancing my psyche whenever I feel myself going in the wrong direction— whether that be nourishing my body with good food or getting in exercise, I almost always feel my outlook shift.

I exercise and I think this helps get all of the anxious energy out

I write, go to therapy, and have a supportive friend group. I think they're effective for me because I am a word-oriented person so talking and writing helps.

I have a habit of going into multiple day "episodes" I want to call that I just cut connections off with people because of my depression. This obviously is unhealthy but my HEALTHY mechanism that is helpful throughout this is just remembering to send the "hey I'm alright thanks for reaching out" kind of texts. And

I'll do that and go off the grid again but it makes me feel more content with accepting my mental health struggles while also not necessarily worrying people that love me (as much).

mainly in terms of anxiety and stress, for anxiety I kind of just have to push myself to do it even if I may be anxious about it, because in the end I am glad I pushed through because I enjoyed myself. but this is only because I have been working with my anxiety for a while to get to this point. And for stress it usually comes when I have multiple things on my mind that I want to do. So I tend to cry it out, then get out paper and write a list to organize everything in my mind which helps.

Meditation, talking with friends, doing things I enjoy like reading and watching tv. I think these help me take my mind off of the stress and other problems and let me focus on what matters.

I usually focus on something that I enjoy doing because it will get my mind off what I'm stressed about.

I really appreciate some new grading systems teachers are implementing and allowing students to skip assignments here and there. I feel like when I have anxiety attacks and can't finish my work it's helpful. For me at home I usually do crafts(ex. Knitting, sewing, painting), it helps me feel like I achieved something even if it's small and calms me down.

exercise - confidence booster
video games/movies - distraction

Listening to music-- it gives me an outlet for my feelings. Playing with my pets-- chemically it helps. Talking to friends-- I feel valued.

I feel as though the way I naturally process the world helps me to overcome any stress or other negative thoughts

yoga, sport, art

Writing my thoughts down

Exercise, because it's scientifically proven to reduce stress

I take a long drive in my mustang, i just feel free of stress when i have nothing to worry about besides how much gas i have left

I listen to music or go for a drive. I also sometimes take a break from what is making me stressed and take deep breaths or go on a walk or run.

Reading, meditation, deep breathing

I journal and exercise. Journaling helps me recognize the cause of the stress, and exercise takes my mind off the stress while boosting my confidence and I feel productive

I watch youtube or something to distract myself. I think this mechanism is a good way to cope in the moment but it doesn't help me in the long run because I end up procrastinating and not handling my stress in a productive way.

Music because it helps distract my brain. Talking to others because it helps me think things through. Journaling for the same reason.

I take a long shower with music to get my mind off of things. It helps calm me and relax so I think it's effective depending on the situation.

I journal and exercise. Journaling helps me recognize the cause of the stress, and exercise takes my mind off the stress while boosting my confidence and I feel productive

Distract myself - hang out with friends, do work, listen to music, procrastinate, watch TV, play piano
Do not really work well - when I am emotional, kind of just let it happen

Drawing- it takes my mind off of it

Smoke a lot of weed, it helps but I'm less productive

Sometimes I just tell myself that I need to take a step back from the situation and just do something that makes me feel happy like watching Gilmore Girls or hanging out with my dog. Breaks are a part of productivity and it's important that we remind ourselves of that.

I use athletics as a way to cope. They're effective because it takes my mind off of things that are stressing me out.

i try to ignore my problems until they go away

I answered no, but sometimes I cope with my stress and anxiety by telling myself that there is no reason to stress, and telling myself why that is.

working out because i enjoy it

definitely ocean waves and music calm me down but if i'm feeling sad i go out and get a coffee and do things to make me happy

I listen to music a lot and that just always helps to calm me down

I get my mind off the things that are bothering me, by doing something that makes me feel at peace. These activities may include fishing, gaming, or taking a bike ride.

Founding my fingers because i can focus on that and not the problem at the moment

Sports. Help me rethink and I feel refreshed after

Anxiety Meds

reading & talking to my friends

idk crying and art

Talking myself through it and writing

I play my favorite sport and it almost always helps

Sometimes I just tell myself that I need to take a step back from the situation and just do something that makes me feel happy like watching Gilmore Girls or hanging out with my dog. Breaks are a part of productivity and it's important that we remind ourselves of that.

OCD not pog, or helpful and I wouldn't recommend developing it lmao.

Honestly, humor definitely, just kinda pretending that what's happening isn't bothering me and laughing it off. And kinda avoidance, I don't really share stuff until it's too much and I feel like I'm going to crack from all the pressure.

I watch movies or shows or people on youtube that relax me. And I also put headphones in a listen to music.

When I'm really stressed, I'll locate 5 things around me I can see, 4 I can touch, 3 I can hear, 2 I can smell, and 1 thing I can taste. Sometimes I will watch tv or nap, but this makes me feel pretty unproductive and generally worse when I have upcoming deadlines. Taking the time to breathe and reflect or distract myself reminds me my problems are pretty minimal in the grand scheme of things. Sometimes it works better than others.

Play cello, go outside, find my dog

Breathing techniques, distracting myself with things I enjoy doing. I think they are effective because they are distracting.

I try to get outside, stretch, meditate, paint or try and figure out whats causing me to be stressed/anxious/depressed and work it out.

Make lists of things I need to do and check them off as I do it, even if they are very simple things

Any way I can hit a refresh on my mental state seems to be affective. Showering, listening to music, going for a drive, etc.

Sports practices and friends. It mainly gets my mind away from school or stress inducing activities. I also have a few hobbies that take up all my attention which alleviates stress since i'm not thinking about the negatives.

Smoking weed helps a lot with dealing with stress and anxiety but sometimes makes me too lazy to finish work thats making me stressed out. It's not the only way I deal with stress though, making art is healthy.

Honestly, just forget about them. Let your mind wander. They are effective because I realize one simple little thing won't make that big of a difference in the long run.

Through music

I don't know what they are but obviously it's working because I know I have anxiety but I'm a functional person

I deal with it myself, I don't need other people to deal with my problems for me.

Working out, drawing, getting into a new hobbie

I usually play guitar or listen to music, anything that distracts me.

I have fidget toys that I can use while I am distance learning - stress balls, fidget cubes, Calm Strips that are on my chromebook/phone. I try to make time to do things I enjoy, such as practicing cello or reading for fun. I also try and manage my time, which allows me to make sure I get my assignments done on time, reducing my overall levels of stress. I also rely on my friends and family, and make sure I spend time with them - that always helps me.

Reading- get out off reality for a while
Exercise- the best way to stop thinking is by doing

I speak to therapists and I think it is important to talk to people who care about you.

I find exercise to be the best, because it forces me to focus on my workout and not the stressors in my life. I also listen to music and it makes me happier.

Taking a minute to get to the root of why I may be stressed and then talking myself through how it will work out. This is effective for me because many times I don't take a second to calm myself down if I'm way too much in my head.

I keep myself busy by doing work or going for a drive, it takes my mind of of whatever I am stressed/anxious about.

Reading, Writing, Music, Gaming

meditation and self-care is what i engage in to enlighten myself spiritually, and hanging out (with covid precuations) with friends, whether that be physically, via facetime, or playing video games with one another

Working out and hanging out with friends. They let me forgot about what's stressing me out

working out and listening to music, it just takes my mind off of everything and helps me to focus on the good

I just vent to my friends and they help me.

I love writing and that really helps me. I've been doing it since I was younger can it really calms my stress. When I'm depressed or in a depressive episode, listening to music really calms me down and makes me feel a lot better.

Journaling, meditating, exercising

I watch my favorite movies like marvel or harry potter movies. it transports me to another fantasy world which makes me stop worrying about reality. I also like to color or water color paint which helps me a lot by being a creative outlet.

exercising, talking with friends, reading a book, or just getting work done that I've been putting off.

I listen to music, write in a journal, make a to-do list

I draw, read, or do anything to take my mind off of my anxious thoughts. It works most of the time.

Exercising, sleeping, going on small trips somewhere fun, shopping, meditating

Talk to friends and other people.

just taking a break is always great for me, like going outside or setting a timer for 30 minutes and watching a tv show

Shooting basketballs or playing sports or working out. They get my mind off the stress and issues presented to me. A way to work out the bad vibes.

I listen to music, do self care, or spend time with friends and family. I think these are effective because these are things that make me happy and relaxed.

centering yourself or doing grounding skils

Workout out, sports, music, friends, family

exercising, talking with friends, reading a book, or just getting work done that I've been putting off.

Spending time with friends/family

I mean, I have my own coping mechanisms that certainly work to calm my anxiety, and in an anxious situation I certainly do not endorse toxic positivity, since anxiety is terrible for everyone, but the way I cope is through listening to music, playing my instrument, as well as spending as much time with my closest friends as I can. The latter may be difficult to do in a pandemic, but I try to cherish all the time I get with them.

walks, nap, journaling, art, yoga, tai chi, wallball, reding

talking with someone close to me

Talking with friends/family & doing my sport/working out

I think the few that are effective for me work because some of those mechanisms are to be productive in other areas or to simply plow through the work.

I take prescription pills to deal with my anxiety. I also like to work/practice on something when stressed (homework, guitar, video game progress). These work for me because they give me something to change my focus on while something depressing/stressful happens.

I workout to get rid of stress. I also enjoy spending time with my boyfriend when I am stressed.

I exercise(go to the gym and play Football here at EGHS) frequently/everyday. I am pretty sure that exercise is the only thing keeping me sane that gives me purpose at the same time.

I bottle it up

Therapy

I play golf in order to destress, as it gives me a space to be outside in a somewhat peaceful setting, playing a sport that allows me to be strategic and think while also hitting something as hard as I can.

Meditation, showers, sometimes running, playing the piano, driving, just helps me calm down and stop thinking/get my mind off things

Video Games

Things I like to do to relieve stress include, sports or exercise

I give time to clear my brain and I think about other things that I know will make me better

The gym. It clears stress

Reading a book, stepping back from the situation and doing something else.

Sports

Working out, writing

gaming

I workout

Journaling

Watching shows I enjoy, drawing, or being with friends and family

I go play a sport or go for a run.

Running, breathing (literally just taking deep breaths), being outside to feel the wind, rain, sun, etc.

For stress, I keep a calendar of all my activities/homework

Listening to music

Running, I can just clear my mind and just get out of my own head for a while