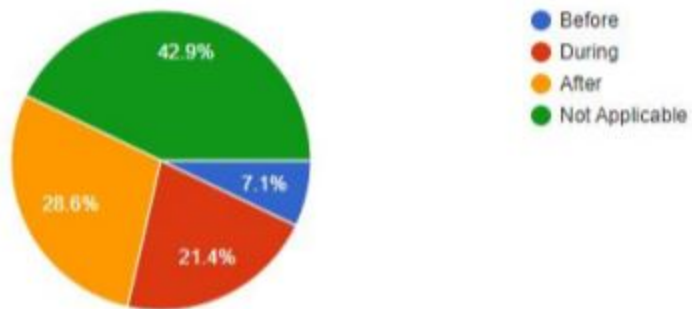


If you agreed or strongly agreed with the previous statement, what time frame during the pandemic did you start practicing coping mechanisms?



14 responses



What kinds of coping mechanisms do you use?

8 responses

music and reaching out to people (mainly my therapist and sisters) for help

Playing musical instruments and spending time with friends

Talk to parents or friends about how your feeling.

Escapism, antidepressants, exercise, cooking, eating

