

Coping Mechanisms for Stress

<http://psychcentral.com/lib/20-tips-to-tame-your-stress/>

<http://www.uccs.umn.edu/oldsite/lasc/handouts/copingstress.html>

<http://www.yourlifeyourvoice.org/pages/tip-99-coping-skills.aspx>

<http://www.selfinjury.bctr.cornell.edu/documents/coping-stress-man-strat.pdf>