

# Harmful Coping Skills



Drinking alcohol can **increase stress**, and drinking to relieve stress can lead to an **alcohol use disorder**.



Although vaping is often used as a coping mechanism to deal with stress, studies show that it actually **increases stress and anxiety**.



Marijuana's effect is temporary and doesn't help long term. It also **causes paranoia and anxiety** in some users.



Prescription drug misuse often follows temporary moments of stress, but this can easily lead to **addiction and overdose**, which increase stress.