

## **7 Ways Mentally Strong People Deal With Stress**

1. They accept that stress is part of life.
2. They keep problems in proper perspective.
3. They take care of their physical health.
4. They choose healthy coping skills.
5. They balance social activity with solitude.
6. They acknowledge their choices.
7. They look for the silver lining.



[www.psychologytoday.com/gb/blog/what-mentally-strong-people-dont-do/2015](http://www.psychologytoday.com/gb/blog/what-mentally-strong-people-dont-do/2015)