Strengthening Coping Skills

[Name of the Writer]

[Name of the Institution]

Strengthening Coping Skills

Any chemical substance (other than food) that brings a change in the physiological and more commonly in the psychological condition of the body is known as a drug. It can be taken orally, injected consumed, smoked, absorbed or dissolved under the tongue. People use drugs due to many reasons. Usually there are two main reasons for taking drugs; firstly it is used to treat, cure, prevent or diagnose a disease, the second use is mostly considered a negative one, but still, people consume drugs in order to get satisfied. The second use of drugs is entitled to addiction.

People use alcohol and drugs for many purposes. Most of the times, the drugs are used for enjoyment, to relax, to cure or avoid physical or psychological pain and sometimes, just to be a part of any group. Sometimes, people use drugs out of sheer curiosity, experiment or as a rebellion (Drummond, 2001). One of the major purposes for which the alcohol and other drugs are used is to cope up with mental disorders like stress, anxiety, OCD and primarily from depression.

There are also multiple ways through which these drugs and alcohol are used for coping up with mental stress, anxiety, OCD and depression. The most common way is orally or via the mouth. Many drugs and drinks and especially alcohol are drank or taken into the body via the oral cavity. Another very common way of including the drug into the main bloodstream is via injection. The drug is injected into a vein of the body with the use of a needle or syringe. This procedure is carried on with drugs only, not for alcohol. The third most common way of ingesting the chemical substance in the form of a drug into the body is by inhaling.

**References**

Drummond, D. C. (2001). Theories of drug craving, ancient and modern. *Addiction*, *96*(1), 33-46.