Coping mechanisms are ways to which external or internal stress is managed, adapted to, or acted upon. Susan Folkman and Richard Lazarus defined coping as "constantly changing cognitive and behavioral efforts to manage specific external and/or internal demands that are appraised as taxing or stressful." Simply put, coping is an activity we do to seek and apply solutions to stressful situations or problems that emerge because of our stressors. Actually, the term "coping" is more associated with "reactive coping," because in general, we see coping as a response to a stressor. On the other hand, there's also what we call "proactive coping," wherein the coping response is aimed at preventing a possible encounter with a future stressor.