

Table 3 Coping strategies used by residents at the Hamad Medical Corporation, Qatar

Coping strategies	No.	% of respondents (n = 142)	Examples
Social support	42	30	"enjoy some quality time with my kids", "try to meet my old friend", "call my mom and wife"
Entertainment	42	30	"watch TV;" "movies", "shopping", "read a good novel", "listening to music, playing video games"
Sleep	31	22	"long hours of sleep", "having a nap"
Physical activity	31	22	"biking, walk by the Corniche", "exercise", "sports"
Relaxation	26	18	"relaxing taking deep breaths", "meditation"
Managing work	24	17	"break things I'm worried about into smaller steps", "rearrange my priorities", "making schedules/checklist"
Cognitive means	23	16	"trying to forget what happened, hoping for betterment next time", "looking at positive sides of things"
Prayer/religion (19	13	"praying, reading Quran", "I read <i>duas</i> "
Eat/drink	17	12	"eating", "drinking coffee"
Alone time	11	8	"sit alone", "switch my phone to silent mode"
Take breaks	7	5	"timeout from work", "change of scene"
Smoke	7	5	"going out for shisha", "smoking"
Seek help	4	3	"asking for help from seniors", "ask help from family/husband"
Other	24	17	"I don't know how, just getting through it and absorb it", "taking medications", "avoid people who stress me"