



20 Common Defense Mechanisms for Anxiety

A defense mechanism is a strategy that helps protect you from uncomfortable emotions, like [anxiety](#). Learning about the defense mechanisms that you use to ward off anxiety can give you insight into yourself.

READ NOW →



[ASK AN EXPERT BY VERYWELL MIND](#)

**Get Answers to What's
on Your Mind**

ASK NOW [➔](#)



How Does Stress Impact Your Health?

[READ NOW >](#)



What Is Sex Therapy With Sensate Focus?

[READ NOW >](#)



4 Things You Shouldn't Say to Someone With Generalized Anxiety Disorder

[READ NOW >](#)