*Coping consists of both cognitive and behavioral efforts aimed at managing specific external and /or internal demands appraised as taxing or exceeding the resources of the person. In the present study an attempt was made to study the coping strategies adopted by the managerial personnel of textile industry. A convenience sample consisting of sixty managers working in Textile industry participated in the study. By administering questionnaires coping strategies adopted by the managers were assessed. The collected data was analysed with Mean, Standard Deviation, ANOVA, and Correlation. Significant differences were observed in the coping strategies adopted by managers of different age, gender, education, marital status and number of dependents groups.*