In the aftermath of natural disaster shocks, households adopt a specific set of coping mechanisms to overcome post-disaster challenges. The choice of these mechanisms is a crucial determinant of their recovery. Using the incidents of the 2015 mega-earthquakes in Nepal as a natural experimental set up, we conduct a retrospective household survey in Sindhupalchowk, Nepal, a district with the highest death tolls in the country. The objectives of this study are twofold: first, to evaluate the direct impact of the disaster and gauge at what specific coping strategies households adopt in the face of such covariate shocks, and second, to identify effective strategies that lead to swifter recovery. We use the resilience framework to quantify recovery, where resilience is defined as the ability of a household to bounce back to the original level of wellbeing (or better) relative to the intensity of the initial impact of shocks. The observational component of our analysis indicates that mutual assistance, mobilization of short-term loans (personal and institutional), and reduction in household consumption are among the most common strategies adopted. Subsequently, we categorize all strategies into three broader bins: financial coping strategies, labor adjustment choices, and seeking external assistance. Because household responses are inherently endogenous, we use a full-information multi-equation regression framework where we allow for contemporaneous correlation across equations to account for the processes that determine households’ choices as well as the intertwinement between different coping mechanisms. We find strong evidence to suggest that both financial and labor adjustment coping mechanisms have positive and significant impact on post-disaster economic resilience. On the other hand, while financial coping mechanisms also enhance psychosocial resilience, we find that labor adjustment choices can disturb family and social dynamics, thereby negatively impacting psychosocial resilience. Our secondary findings indicate that government assistance can have unintended detrimental impacts on economic resilience, hinting at the subpar quality of political institutions in Nepal. These results underscore the importance of mobilizing and expanding private sector alternatives in post-disaster recovery efforts.