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DEVELOPING A PERSONAL COPING PLAN – WORKSHEET

- Many of our previous coping options may have been eliminated from our list of realistic or viable options in the last several years. We need to be willing to be creative, and committed.
- Research is clear that anticipation of our stress or trauma ‘exposures’, as well as creating and working a deterrent plan is one of the most effective ways of reducing symptoms and preventing new incidents of mental health disorders.
- Let’s take a note from not making “new years resolutions” and set the right kinds of goals (hint: they have to be achievable).

WHAT GOES INTO A GOOD COPING PLAN:

- Clear Identification of when you need to use it.
- Clear identification of what is available (internal strengths / external resources) to help you.
- Sensory engagement – sight, touch, taste, smell, sound
- Different time frames (things you can do at work in 5 minutes, and things that you can do when you have several hours or a day on the weekend)
- Remember the ingredients of resilience: Purpose, Connection, Adaptability & Hope
- Other PEOPLE need to be included as external resources when possible.

Sample plan and lay out here- FILLABLE FORM ON NEXT PAGE:

Concern	Indicators	People resources	Coping Option	Length of time or resource needed	Other info or resources needed
Exhaustion	Tension headache, snappiness	(names)			
			Walking the dog	10-30 minutes	After work / at home
			3 days sleep hygiene	3 days to re-set	None
Anxiety	Mental confusion, High heart rate, Stomach pain	(names)			
			Hot shower	30 minutes	Home / none
			Brief Mindfulness exercise	5-10 minutes	No interruptions at work
			Text memes	2-5 minutes	(Names of friends)

PERSONAL COPING PLAN

Concern	Indicators	People resources (NAMES)	Coping Option	Length of time or resource needed	Other resources needed
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