

My Coping Plan

When we are feeling distressed and overwhelmed it can be hard to think straight, or know what to do in the moment. This worksheet is meant to help you problem solve how to cope with difficult situations ahead of time.

Everyone has their own way of coping so it is important that you try what you think might work for you. Remember, it is likely to take some time, and involve trying different ideas, before you find the exact plan that works for you. Don't give up!

<p>The goal of my coping plan is to: (e.g., attend school more often, reduce conflict with friends, not need to visit the hospital etc.)</p>
>
>
>
>
>
<p>What does distress look like for me? What are my warning signs? (e.g., acting irritable and grumpy, trouble catching my breath, trouble concentrating, feeling on edge, sleeping/eating too much or too little etc.)</p>
>
>
>
>
>
>
>
<p>What healthy activities can calm and comfort me during times of distress? (e.g., watch a movie/listen to music, talk to a parent/friend, write in my journal, go for a walk, play with a pet etc.)</p>
>
>
>
>
>
>
<p>What specific skills can I learn and practice to lower my distress?</p>
Deep breathing/box breathing
Muscle tense and release



Visualization/mental vacation
>
>
>
>
What healthy habits will help me to prevent distress? (consider your sleep and exercise routines as well as your eating habits. How can you incorporate these into your schedule?)
>
>
>
>
What have I done in the past that was helpful when I was feeling distressed? (e.g., talked with a parent, called a help line etc.)
>
>
>
When I need help, I can contact the following people for support: (consider adults in your life who will listen – e.g., a parent, teacher, guidance counsellor, or coach)
Who:
When:
How:
Who:
When:
How:
Who:
When:
How:



Supportive community resources

Kids Help Phone 24 hrs, 7 days per week

kidshelpphone.ca

1-800-668-6868

or text "CONNECT" to 686868

COVID-19 Youth Mental Health Resource Hub

Jack.org/Covid

CMHA Crisis Response Thunder Bay

346-8282

