

My Self-Care / Coping Plan

Signs my body gives to tell me I need to try a self-care/coping skill

1. _____
2. _____
3. _____

Actions I can take (distraction, here-and-now, emotional release, body care, looking beyond myself)

1. _____
2. _____
3. _____
4. _____
5. _____

Truths I can hold onto (about myself, about others, and/or about the world)

1. _____
2. _____
3. _____

What to do with negative thoughts

1. _____
2. _____
3. _____
4. _____

People and/or groups that I can reach out to for support

1. _____
2. _____
3. _____