Personal Coping Plan

A plan made while calm is easier to use when stress is high. Fill it in and keep it where you can find it.

My early warning signs (body, thoughts, behavior)

Things that help me settle (alone)

People I can reach out to

Places that help me feel better

Professional supports (counselor, doctor, support group)

If you are in crisis or thinking of harming yourself: call or text **988** (Suicide & Crisis Lifeline) or call **911**. Go to the nearest emergency department.

This plan is a self-help tool and is not a substitute for professional care.

Values & Boundaries Worksheet

Values show what matters. Boundaries protect it.

1. Circle your top 5 values

Family	Health	Honesty	Growth
Faith	Freedom	Security	Creativity
Service	Connection	Rest	Adventure
Respect	Learning	Peace	Purpose

2. Where do I need a clearer boundary?

Situation / person	What I need	How I will say it

A boundary sentence: "I can't _____, but I can _____." / "I need _____ so that _____." Calm, clear, and kind is enough. You do not have to over-explain.

The first boundary I will practice this week

Educational self-help resource from Therapy with Sazzy, an initiative of Beyond Boundaries Consulting, LLC. Not a substitute for individualized professional care. In a crisis call or text 988, or call 911.

Mindfulness Exercise: 5-Minute Reset

Mindfulness is noticing what is happening, without judging it. Find a quiet spot. Read each step, then try it.

1. **Arrive (30 sec)** Sit comfortably. Feel your feet and the surface under you.

2. **Breathe (1 min)** Breathe in for 4, out for 6. Let the exhale be slow.

3. **Scan (2 min)** Move attention from head to toes. Notice tension. Soften where you can.

4. **Ground (1 min)** Name 5 things you see, 4 you feel, 3 you hear, 2 you smell, 1 you taste.

5. **Return (30 sec)** Take a deep breath. Choose one kind thing to do next.

If your mind wanders: that is normal. Gently bring it back. Practice is the point.
If this feels uncomfortable: open your eyes, look around, and stop. Mindfulness should not be forced. If memories or sensations feel overwhelming, consider talking with a counselor.

After: I noticed…

Educational self-help resource from Therapy with Sazzy, an initiative of Beyond Boundaries Consulting, LLC. Not a substitute for individualized professional care. In a crisis call or text 988, or call 911.

Stress & Self-Reflection Journal

A few minutes of writing can untangle a lot. Use it daily or weekly.

Today / this week I felt…

What triggered stress?

How did I respond? Was it how I wanted to?

What did I need that I did not get?

One thing I handled well

Something I want to do differently

One thing I am grateful for

Reflect with kindness. Ask: "What would I say to a friend in this situation?"

Educational self-help resource from Therapy with Sazzy, an initiative of Beyond Boundaries Consulting, LLC. Not a substitute for individualized professional care. In a crisis call or text 988, or call 911.