ADULTS | PRINTABLE WORKSHEET

Personal Coping Plan



WHAT THIS IS

A plan made while calm is easier to use when stress is high. It gathers your warning signs, tools, and supports in one place.

HOW TO USE IT

1. Fill in each section when you feel steady.
2. Keep it where you can find it quickly.
3. Update it every few months.

EXAMPLE

"Warning sign: I stop answering texts. Tool: a 10-minute walk. Person: my sister."

1. My early warning signs

body, thoughts, behavior

2. Things that help me settle

on my own

3. People I can reach out to

4. Places that help me feel better

5. 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 your nearest emergency department.

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