

Coping Skills PLAN

What stresses me out:

1. _____
2. _____
3. _____

favorite coping skill:

2 coping skills that calm me down:

1. _____
2. _____

3 things that distract me:

1. _____
2. _____
3. _____

warning signs I'm getting anxious/upset:

1. _____
2. _____
3. _____

2 people I can talk to:

1. _____
2. _____

favorite physical activity:

Name: _____