



## Personal Coping Skills Plan

<p><b>Self-Soothing</b> (Comforting yourself through your five senses)</p> <ol style="list-style-type: none"> <li>1. Something to touch</li> <li>2. Something to hear</li> <li>3. Something to see</li> <li>4. Something to taste</li> <li>5. Something to smell</li> </ol>	<p><b>Distraction</b> (Taking your mind off the problem for a while)</p>	<p><b>Opposite Action</b> (Doing the opposite of your impulse; doing something that will help create positive emotions)</p> <ol style="list-style-type: none"> <li>1. Affirmations and Inspiration</li> <li>2. Something cheerful</li> </ol>
<p><b>Emotional Awareness</b> (Using strategies for identifying and expressing your feelings)</p>	<p><b>Mindfulness</b> (Tools for centering and grounding yourself in the present moment)</p>	<p><b>Crisis Plan</b> (Contact information of supports and resources, for when coping skills are not enough)</p>

# Personal Guide To Coping

**Julia Schneider**



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