



## Personal Coping Skills Plan

|                                                                                                                                                                                                                                                                                 |                                                                                                  |                                                                                                                                                                                                                                                  |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>Self-Soothing</b><br/>(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><br/>(Taking your mind off the problem for a while)</p>                     | <p><b>Opposite Action</b><br/>(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><br/>(Using strategies for identifying and expressing your feelings)</p>                                                                                                                                                                           | <p><b>Mindfulness</b><br/>(Tools for centering and grounding yourself in the present moment)</p> | <p><b>Crisis Plan</b><br/>(Contact information of supports and resources, for when coping skills are not enough)</p>                                                                                                                             |

# Personal Guide To Coping

**AN Whitehead**



## **Personal Guide To Coping:**

## **Personal Guide To Coping** Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has become much more apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**Personal Guide To Coping**," compiled by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we will delve to the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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