

HOW ARE YOU COPING?

CUSTOM
Style
Size

"I got this"

"I can't keep this up"

"Something is not right"

"I can't survive this"

THRIVING

Calm & steady
with minor mood
fluctuations

+

Able to take
things in stride

+

Consistent
performance

+

Able to take
feedback and
to adjust to
changes of plans

+

Able to focus

+

Able to
communicate
effectively

+

Normal sleeping
patterns and
appetite

SURVIVING

Nervousness,
sadness,
increased mood
fluctuations

+

Inconsistent
performance

+

More easily
overwhelmed
or irritated

+

Increased
need for
control and
difficulty
adjusting to
changes

+

Trouble sleeping
or eating

+

Activities &
relationships you
used to enjoy
seem less
interesting or
even stressful

+

Muscle tension,
low energy,
frequent
headaches

STRUGGLING

Persistent fear,
panic, anxiety,
anger, sadness,
hopelessness

+

Exhaustion

+

Poor performance
and difficulty in
making decisions
or concentrating

+

Avoiding
interactions
with people

+

Fatigue, aches
and pains

+

Restlessness,
disturbed sleep

+

Self-medicating
with substances,
food or other
numbing activities

+

Struggling to
keep up with life

IN CRISIS

Disabling
distress & loss
of function

+

Panic attacks

+

Nightmares
or flashbacks

+

Unable to fall
or stay asleep

+

Intrusive
thoughts

+

Thoughts of
self-harm or
suicide

+

Easily enraged
or aggressive

+

Inability
to focus

+

Feeling numb,
lost or out of
control

+

Social
withdrawal

+

Dependence on
substances or
other numbing
activities to
cope

Personal Guide To Coping

Thomas Maitland Marshall



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