

## Developing a “Coping Plan”

On this sheet, identify stressful events (big or small) that may arise in the near future. Identify as many as you like, but at minimum one personal stressor and one work-related stressor. Then, make a plan for how you will cope with each stressor, making use of the following effective techniques Support, Relaxation/Mindfulness, and Hobbies.

**The stressful event(s) I anticipate in the near future are:**

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**Some people I can count on for support with the stressors/challenges are:**

Name/Contact	How they can help:



Some relaxation/mindfulness exercises that could help me cope with the stressors/challenges are:

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Some hobbies that could help me cope with the stressors/challenges are:

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