



My Personal Coping Plan

A practical guide for recognizing difficult moments, responding with care, and reaching for support.

HOW TO USE THIS WORKSHEET

This worksheet is designed to be completed when you are feeling relatively calm. Having a plan in place ahead of time can make it easier to remember helpful strategies during difficult moments.

NAME

DATE

01 SIGNS I MAY BE STARTING TO STRUGGLE

Thoughts, feelings, behaviours or physical sensations I notice:

Examples: *withdrawing, racing thoughts, irritability, numbness, sleep changes or losing interest*

02 SITUATIONS THAT CAN BE DIFFICULT FOR ME

People, situations, memories or experiences that tend to affect my well-being:

Something that has helped me through difficult times before:

03 HELPFUL COPING STRATEGIES

Activities that may help me feel calmer, more grounded or better able to cope:

- | | |
|---|---|
| ☐ Go for a walk | ☐ Listen to music |
| ☐ Take a shower | ☐ Spend time outside |
| ☐ Write down what I feel | ☐ Practise slow breathing |
| ☐ Use a grounding exercise | ☐ Eat something or drink water |
| ☐ Do something creative | ☐ Spend time with a pet |

Other things that help me:

MY PERSONAL COPING PLAN / CONTINUED

04 PEOPLE I CAN CONNECT WITH

People I trust and what I would like them to do:

PERSON	CONTACT	HOW THEY CAN SUPPORT ME

If I am unsure what to say: *“I’m having a difficult time and could use some support. Are you available to talk or spend some time with me?”*

05 PLACES THAT HELP ME FEEL SUPPORTED

Places I can go where I feel comfortable, connected or less alone:
Examples: *a trusted person’s home, a park, library, community centre or familiar public place*

06 PROFESSIONAL SUPPORTS I CAN CONTACT

Write down the supports you may want to contact when you need additional help:

SUPPORT	NAME OR SERVICE	CONTACT INFORMATION
Counsellor		
Doctor / nurse practitioner		
Community service		
Crisis support		

07 WHAT I NEED MOST DURING DIFFICULT MOMENTS

- | | |
|--|---|
| ☐ Someone to listen | ☐ Help solving a problem |
| ☐ Reassurance | ☐ Space and quiet |
| ☐ A distraction | ☐ Help getting somewhere safe |
| ☐ Support contacting a professional | ☐ Something else: <input type="text"/> |

08 SOMETHING IMPORTANT TO REMEMBER

A strength I have shown during difficult times:

A person, value, goal or experience that matters to me:

One small step I can take today:

IF I NEED IMMEDIATE HELP

If you are in immediate danger or unable to keep yourself safe, call **9-1-1** or go to the nearest emergency department.

Canada: call or text **9-8-8** anytime for suicide-crisis support • BC Mental Health Support Line: **310-6789** (no area code)

This resource is intended for general educational purposes. It is not a substitute for individualized counselling, medical care, a clinician-developed safety plan or emergency assistance. Waypoint Wellness Collective does not provide crisis response through this worksheet or website.