

Name:

Coping and Resilience Plan



When I AM COPING – These help me to remain stable:

- Talking with a family members
- Visiting a friend
- Calling a friend
- Painting or drawing pictures
- Playing games – cards/board
- Being Creative
- Watching TV/DVD
- Listening to music
- Sports exercise – walking/running/dance
- Writing letters/poems/journal
- Cuddling my pet

My usual TRIGGERS for not coping:

- Low Mood
- Large crowds of people
- Too much noise
- No personal space
- Being forced to do something I don't want to
- School
- Bullying
- Friendships
- Feeling overwhelmed
- Panic attacks



My EARLY WARNING signs of NOT COPING:

- Angry
- Crying
- Anxious
- Worrying
- Low Mood
- Feeling empty
- Loss of appetite
- Low/no motivation
- Becoming withdrawn
- Keeping things bottled up inside
- Little enjoyment in doing anything
- Lack of self-care i.e. hygiene and appearance



When I am not coping this makes me feel UNSAFE:

- People not listening to how I feel
- No space
- Too many questions
- Judging me



When I am not coping this makes me feel SAFE:

- Being listened to
 - Given space
- A hug from a family member/friend
- Being distracted



My plan of action if my early warning signs begin to show:

- I will identify my feelings by writing them down and/or speaking with someone about them.
- I will be kind to myself and remind myself these feelings will pass.
- I will look at my distractions list and aim to try/do activities I enjoy to help lift my mood.
- I will try breathing techniques to help me feel calmer.
- I will aim to challenge my negative thoughts to prevent me from doing what I would like.

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My plan of how to manage difficult situations if I can't avoid them:

I will find a safe space to have some time out to calm down.

I will speak with someone about how I am feeling to support me to work through it.

I will look at my coping plan to remind myself of what I can do to help feel me feel better.

Where possible to plan how I can make the situation more bearable i.e. being in large crowds to have a friend/family member close by so that I am not facing it alone.

How I and my parents can keep me safe:

- Tell someone when I feel I cannot keep myself safe!

- Look out for signs in change of behaviour
- Monitoring/Supervising activity – not being left on their own for long periods of time.
- Securing windows and doors.
- Storing potentially dangerous items in a locked cupboard such as Medicines, Knives/Scissors/Razors or implements that could be used for self-harm such as tools, dressing gown cord, cables, school stationary i.e. compass, sharpener, paperclips, pins etc...
- Looking for visible signs of self-harm: scratches, cuts, burns, bites

FOLLOW MY PLAN! What I WOULD LIKE to happen if I am not coping:

- Someone to check that I'm okay
- A hug/reassurance
- Not to ask too many questions
- Gently encouraging me to get involved with activities even when I say I feel like I don't want to
- Remind me of my coping plan
- Remind me of positive things i.e. memories, skills, qualities, future plans
- Help me to take care of myself i.e. hygiene, eating and drinking, exercise, appearance

List of Distractions:

- Tidy/re-organise your room
- Cooking/Baking
- Going to the gym/doing some exercise
- Playing with a stress ball
- Dancing
- Playing catch with a ball
- Swimming
- Writing poetry, journals, letters, stories etc.
- Doodling or scribbling on paper
- Playing a musical instrument
- Make a playlist of your favourite music
- Cuddling a soft toy/pillow
- Allowing yourself to cry
- Sleeping
- Taking a shower or bath
- Playing with a pet

Instead of self-harm:

1. Drawing on yourself with skin safe red marker pen
2. Snapping an elastic band on your wrist
3. Putting plasters or bandages on where you want to self-harm
4. Squeezing putty or Play-Doh
5. Popping bubble wrap

Who can help me feel better?

Friend: (Insert Number)

Parent/relative: (Insert Number)

NHS: 111

Samaritans: T:116 123 E: jo@samaritans.org

HOPEline UK: T: 0800 068 41 41 SMS: 0776 209 697

E: pat@papyrus-uk.org

Young Mind Crisis Messenger Text YM to 85258

Childline: call 0800 1111 (available 24 /7) , email or chat online <https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/>