











Coping & Resilience Resources

You can use these resources to create a plan that will work for your young person.
These resources go with the YouTube video about writing a plan - <https://youtu.be/2Yq2WtK8MZQ>

NAME

COPING & RESILIENCE PLAN

 <p>When I AM COPING this helps me to remain stable:</p>  	<p>My EARLY WARNING signs of NOT COPING:</p>   	
<p>My usual TRIGGERS for not coping:</p>  	<p>When I am not coping THIS MAKES ME FEEL UNSAFE:</p> 	<p>When I am not coping THIS MAKES ME FEEL SAFE:</p> 
<p>My plan of action if my early warning signs begin to show:</p>		<p>My plan of how to manage difficult situations if I can't avoid them:</p>
<p><u>FOLLOW MY PLAN! What I WOULD LIKE to happen if I am not coping:</u></p>		

My Plan

<p style="text-align: center;">These are things that can make me upset</p> <p>Might otherwise be known as triggers</p>	<p style="text-align: center;">This is what I need from you when they happen</p> <p>A young person opportunity to let adults know what they need. It's also a chance to clearly say what doesn't help.</p>
<p style="text-align: center;">This is what I'm learning to help me manage these things better</p> <p>Include in here the skills that you are helping a yp learn.</p> <p>Think about what needs to be in a day regularly to help us all manage our emotions better.</p> <p>Consider what a young person does to help them lift their mood.</p>	<p style="text-align: center;">This is how you can help me to do that</p> <p>The role you play in helping a young person develop new skills - they are hard to learn and need practice.</p>
<p style="text-align: center;">This is what happens when I really struggle to manage my emotions</p> <p>List here what you see and what you hear</p>	<p style="text-align: center;">This is what I need you to do to keep me safe</p> <p>This is non-blaming, and should be restorative.</p> <p>Think about who can help a young person manage in these times</p>
<p style="text-align: center;">Tips for Young People to Manage Adults!</p> <p>Adults worry - a lot, so here is one way to make a plan with them:</p> <p>Agree a word or phrase that will let them know that you are struggling a bit;</p> <p>Agree what does not help when you tell them about it;</p> <p>Agree what might help if you tell them about it!</p>	<p style="text-align: center;">Tips for Adults to Manage Themselves!</p> <p>Remember if a young person shares that they are not feeling good this is positive! Letting anxiety get control may make you ask lots of question or over-react and that can make things a whole lot worse.</p> <p>Agree with the young person what will not help and what will help - you will feel much more in control and so will they.</p>

MY PLAN

THIS IS WHAT HELPS KEEP THINGS OK FOR ME

THIS IS WHAT I DO OR SAY WHEN I'M STARTING NOT TO COPE

THIS IS MY PLAN WHEN THAT HAPPENS

THESE ARE MY TRIGGERS THAT AFFECT MY COPING

MY PLAN

	What you see/hear me doing	What I need you to do	Please don't...
1			
2			
3			
4			

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.