

Coping strategies planner

Below add in your most likely or existing stressors and the coping strategies or strengths you'll use to deal with them. The first one is an example to help get you started.

Stressor:
Loneliness

Coping strategies:
Join a group
Volunteer

Stressor:

Coping strategies:

Stressor:

Coping strategies:

Stressor:

Coping strategies:

Stressor:

Coping strategies:

Stressor:

Coping strategies: