



Coping Plan

Setting the Stage:

1. Daily self-care
 - * 20+ minutes daily exercise
 - * 7-9 hours sleep
 - * good nutrition
 - *
 - *
 - *

2. Have Supplies Ready
3. Identify a safe place
4. Share your plan with a friend
5. Carry your plan in your phone

Things to avoid:

- 1.
- 2.
- 3.

Low Distress:

- 1.
- 2.
- 3.

Medium:

- 1.
- 2.
- 3.

High:

- 1.
- 2.
- 3.

Full On Emergency:

1. Call
2. Call 911 or Go to Emergency Room
3. If you are safe, stay where you are.
4. If you are not safe, get to your safe place.