

My pictorial coping plan

CHOOSE • PRACTISE • CONNECT



Choose practical supports you can recognise quickly

Add words, tick marks or your own simple drawings. Choose tools that fit the kind of energy and support you need.

SETTLE HIGH ENERGY

Slow exhale • firm pressure • reduce noise/light • steady movement

RETURN TO THE PRESENT

Name five things • cool water • describe an object • orient to date and place

GENTLY LIFT LOW ENERGY

Open curtains • stretch • music • small drink or snack

CONNECT AND GET SUPPORT

Message someone • sit near a safe person • professional or crisis support

MY TOP THREE

The tools I want to practise when I am relatively calm.
