

COPING AHEAD

PREPARE & PLAN

THE UPCOMING SITUATION

(e.g., hard conversation, exam)



WHY IT'S DIFFICULT



POSSIBLE EMOTIONS



STRESS IN MY BODY

(where I feel it)



MY COPING STRATEGIES

BEFOREHAND SKILL



DURING SKILL



GET SUPPORT



SOMEONE I CAN CONTACT

GROUNDING EXERCISES

SENSORY GROUNDING

(5-4-3-2-1)



5 to see



4 to touch



3 to hear



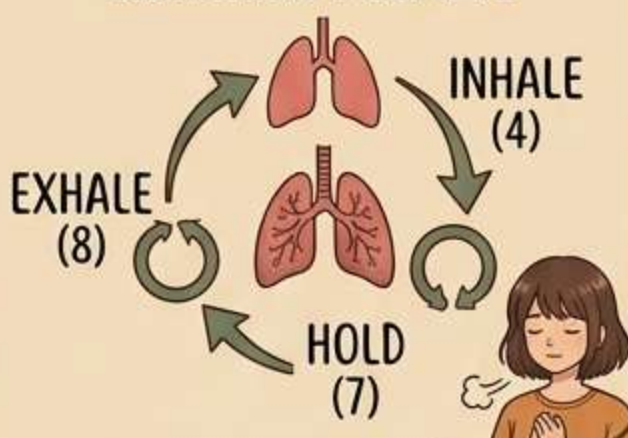
2 to smell



1 to taste



BREATHING PROMPTS



RECOVERY

WHAT I CAN DO AFTERWARDS

