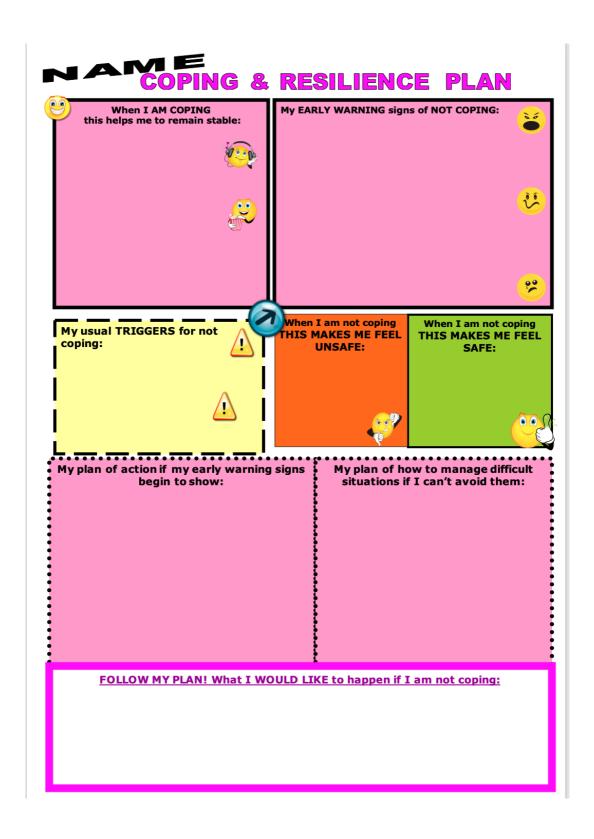
### **Coping & Resilience Resources**

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



## My Plan

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

Agree with the young person what will **not** 

help and what will help - you will feel much more in control and so will they.

about it;

Agree what might help if you tell them about

it!

# **MY PLAN**

THIS IS WHAT I DO OR SAY WHEN I'M STARTING NOT TO COPE  THIS IS MY PLAN WHEN THAT HAPPENS				
THIS IS MY PLAN WHEN THAT HAPPENS				
THIS IS MY PLAN WHEN THAT HAPPENS				
THIS IS MY PLAN WHEN THAT HAPPENS				
THIS IS MY PLAN WHEN THAT HAPPENS				
THIS IS MY PLAN WHEN THAT HAPPENS				
THIS IS MY PLAN WHEN THAT HAPPENS				
THIS IS MY PLAN WHEN THAT HAPPENS				
THIS IS MY PLAN WHEN THAT HAPPENS				
THIS IS MY PLAN WHEN THAT HAPPENS				
THESE ADE MY TRICCERS THAT APPECT MY CARRY				
THESE ARE MY TRIGGERS THAT AFFECT MY COPING				

## MY DLAN

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

## Coping and Resilience Plan



#### When I AM COPING - These help me to remainstable:

- 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

4

· Cuddling my pet

#### 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

#### 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

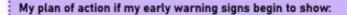
#### When I am not coping this makes me feel UNSAFE:

- 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



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.

