

## Coping Kit

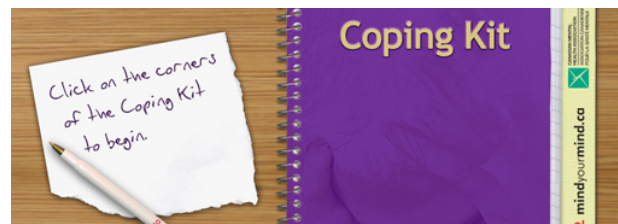
Explore triggers and resources for safety management.  
Printable format.

### Understanding the Issue

Awareness of triggers that can lead to an emotional crisis is the key to early intervention and de-escalation. Creating a realistic, personalized action plan to safely manage problematic thoughts, feelings and behaviours can be an on-going activity. It can be an evolving work in progress. Reviewing its efficacy periodically is important.

### Tool Tips

Users navigate through a detailed workbook by clicking on the corners of the workbook pages. Answers to the questions are added directly on the screen. **No data is saved** after the user leaves the tool. Users can print the completed safety plan.



The pdf printable version of the safety plan is 7 pages and includes tips on how to reduce anxiety.

### Key Messages

1. Often there are recognizable people, places, things or thoughts that can trigger stress or distress.
2. In response we experience thoughts, feelings and actions that may or may not be helpful.
3. You can create a realistic plan to get through a difficult time.
4. You can access this information by keeping it visible. Printed copies are good reminders of what has helped in the past and new things to try.
5. New skills take practice.

### Tech Tips

- You'll need high speed Internet access ready for the session.
- Preview this tool prior to client's appointment time at [www.mindyourmindpro.ca](http://www.mindyourmindpro.ca).
- Familiarize yourself with navigation of [www.mindyourmind.ca](http://www.mindyourmind.ca).
- Use the tool with client(s) on [www.mindyourmind.ca/mind-tools/answer-stuff.asp](http://www.mindyourmind.ca/mind-tools/answer-stuff.asp). This encourages clients to revisit the site after and between sessions. **mindyourmind.ca** is an accessible, powerful resource.
- You'll need a printer, and speakers for many tools and games.

- You'll need Adobe Flash Player for many games and tools available from [www.adobe.com/products/flash/about](http://www.adobe.com/products/flash/about).