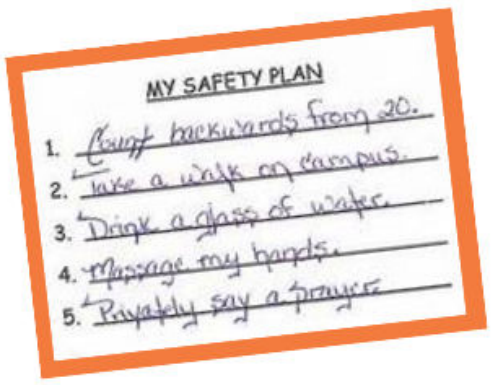
Sanctuary Toolkit:

Coping Plan



A Coping Plan is a list of activities that a person can choose from when feeling overwhelmed so that she/he can avoid engaging in unsafe behaviors.



1 **STEP 1: Identify what happens in your body:**

- How do you know you need to calm down before you lose it

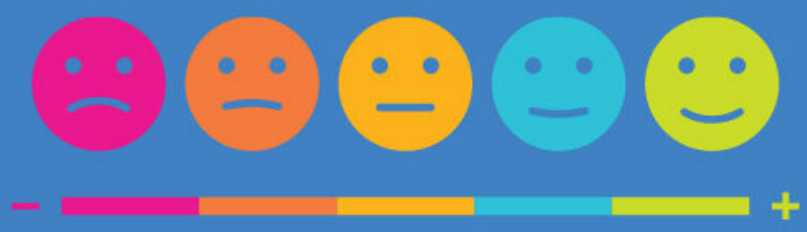
2 **STEP 2: Identify your "triggers":**

- Situations that are likely to overload you with negative emotions

3 **STEP 3: Now create your "detours":**

- List 5 things you can do when feeling negative emotions to maintain your own safety

Emotions are contagious



The Goal of a Coping Plan is to Reduce Workplace Stress & Create a Safety Culture

Palm Beach County
Board of County Commissioners

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