

Coping Plan/Staying above the line!

Triggers

Things that make me feel mad, sad, or upset are:

Work:

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Home:

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Are usually above the line or below:

Warning Signs

Others know I am mad, sad, or upset because:

Work

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• Home

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Coping Plan/Staying above the line!

My Strengths

What I am good at that's gotten me through before:

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If I could do one new intervention to make the biggest impact it would be:

My New Coping Skills

New coping skills to try:

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Getting prepared to work

What do you do to get ready to present at work?

Going home

What do you do to go home from work/let it all go?