SKILLS INTEGRATION

Personal Coping Menu

Build a situation-specific menu instead of relying on one strategy for everything.

FOR	Teens and adults	**TIME**	20 min

Coping strategies work differently depending on intensity, context, access, and purpose. Build options for settling the body, changing the situation, staying connected, and making meaning.

HOW TO USE

Complete this tool collaboratively or review it together afterward. Adapt language, pace, and format to the person's formulation, culture, access needs, capacity, risk, and preferences.

TOPICS: Stress / Anxiety / Coping

01

Know the situation

A useful strategy fits the problem in front of you.

Common trigger or difficult context

Where and when do you most need support?

Early signs

Body, thoughts, behaviour, and attention.

What is needed in that moment?

Safety, soothing, action, connection, expression, or endurance.

02

Create the menu

Choose options you can actually access.

Settle or ground

A body-based or attention-based option.

Solve or change

A practical action for something influenceable.

Connect

Who, how, and what kind of support?

Express or make meaning

Words, movement, creativity, reflection, ritual, or spirituality.

Pause without making it worse

A short-term survival option with low cost.

03

Make access easier

Plan before intensity is high.

What will remind you this menu exists?

Location, cue, card, phone note, or another person.

What needs rehearsal or preparation?

Materials, scripts, permissions, or support.

How will you review whether a strategy helped?

Immediate effect, later cost, and fit with values.

> *A coping menu is not a crisis plan. Add local crisis and emergency supports separately when clinically indicated.*