

Personal Coping Plan[©]

Active Behavioral Health Tactics for
Deployment, Response and Everyday



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How to know when I need to use my plan

Signs (What others can observe about me)	Symptoms (What I experience)	Situations (My personal 'reg flags' or 'hot button issues')

**Coping Choices
that haven't
worked well in
the past**

**(things to avoid this time
around)**

**Core Values to
build on and
remind myself
about**

**Neurotransmitters
and Chemicals to
focus on**

Resources

DATE:



People I can count on

Places I feel safe /
comfortable



Don't forget.....

Quotes that inspire

Things I am looking
forward to

