



My Coping Strategy Map

Name: _____

Helpful Words:

- **Coping** = managing stress and emotions in ways that support my health and growth
- **Lifestyle Goal** = the kind of life I want to live
- **Personal Competitive Advantage** = the tools and habits that help me stay strong through challenges

Directions:

Use **words, lists, or sketches** to reflect and plan.

Use the back of this sheet if you need more space.

1. One situation that stresses me out is:

2. Three coping tools I want to keep using are:

3. One unhealthy habit I want to replace is:

4. My Coping Superpower helps me do these things:

5. Someone I trust to talk to when I need support is:

6. Coping helps me grow my personal competitive advantage by:

7. This is how coping supports the lifestyle I want to live: