

# LET'S PRACTISE EARLY ON

MAKE IT FAMILIAR. SO IT'S THERE WHEN YOU NEED IT.

## 1 PICK ONE STRATEGY

Choose a coping strategy you already know or have learnt (e.g. from therapy, a workshop, a friend, or a resource).

A coping strategy I want to practise:

What is it supposed to help me with?

## 2 TRY IT BEFORE YOU NEED IT

Practise when you're relatively okay, not just when you're in a high stress situation.

When could I practise this?

(e.g. during a calm moment, at home, while doing a daily activity)

After trying it, what did I notice?

Tick all that apply.

- |                                                     |                                                             |
|-----------------------------------------------------|-------------------------------------------------------------|
| <input type="checkbox"/> I knew what to do          | <input type="checkbox"/> It didn't help                     |
| <input type="checkbox"/> I wasn't sure how to do it | <input type="checkbox"/> It made me feel more uncomfortable |
| <input type="checkbox"/> I liked it                 | <input type="checkbox"/> I need to adjust it                |
| <input type="checkbox"/> I didn't like it           | <input type="checkbox"/> I want to try it again             |
| <input type="checkbox"/> It helped                  | <input type="checkbox"/> Something else: _____              |

## 3 WHY CAN I CHANGE OR TRY DIFFERENTLY?

Based on your experience, what could make this strategy more helpful or easier to use for you?