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:**

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