

# Coping Ahead: Preparing for Stress & Anxiety



This worksheet is designed to help you anticipate and prepare for stressful situations by identifying triggers, developing coping strategies, and creating a plan to manage emotions effectively.

**Name:**

**Date:**

## Step 1: Identify Potential Stressors

1. What upcoming situations or events are causing you anxiety?
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2. What specific thoughts or fears come up when you think about these situations?
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## Step 2: Recognize Your Typical Responses

1. How does your body react to stress or anxiety? (Check all that apply)
  - \_\_\_ Muscle tension
  - \_\_\_ Rapid heartbeat
  - \_\_\_ Shallow breathing
  - \_\_\_ Difficulty concentrating
  - \_\_\_ Feeling restless or on edge
  - \_\_\_ Other: \_\_\_\_\_
2. How do you usually respond emotionally or behaviorally?
  - \_\_\_ Avoid the situation
  - \_\_\_ Overthink or ruminate
  - \_\_\_ Seek reassurance from others
  - \_\_\_ Engage in unhealthy coping (e.g., emotional eating, withdrawing, etc.)
  - \_\_\_ Other: \_\_\_\_\_

### Step 3: Develop a Coping Plan

1. What healthy coping strategies have worked for you in the past? (Check all that apply)

- \_\_\_ Deep breathing exercises
- \_\_\_ Reframing negative thoughts
- \_\_\_ Using grounding techniques (e.g., 5-4-3-2-1 method)
- \_\_\_ Engaging in physical movement
- \_\_\_ Journaling or self-reflection
- \_\_\_ Seeking support from a trusted person
- \_\_\_ Other: \_\_\_\_\_

1. What specific coping strategies can you use to prepare for the upcoming stressful situation?

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### Step 4: Create an Action Plan

1. What is one small step you can take today to feel more prepared?

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2. Write a positive coping statement to remind yourself in the moment (e.g., “I have handled difficult situations before, and I can handle this too.”):

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### Reflection:

- How do you feel after creating this plan?
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- What is one thing you will commit to practicing this week to strengthen your coping skills?
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