

Creating a Coping Plan for
**GETTING
THROUGH
TOUGH TIMES**



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It can be challenging to figure out what you need and how to cope when you're in the midst of experiencing strong emotions, exhaustion, or crisis. One helpful way to support your well-being is to proactively develop a coping plan ahead of time, so that you can use it as a guide to help you bring in the right support when you need it most.

Use this guide to help you...

- Identify the physical, emotional, behavioural and thinking cues that let you know when to start using your coping strategies.
- Explore coping strategies that have worked well for you in the past that you can use again whenever you need them.
- Plan out some new strategies to expand your coping toolkit and provide you with additional options.
- Determine which resources you would like to reach out to when you need support.
- Leave yourself a caring message that you can return to if you ever need a reminder that you matter, that healing can happen, and that you're not alone.



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MY STRESS SIGNALS

When I notice...

...that's my cue to start using my strategies for coping and support.

Some Examples:

- Tension in my muscles
- Stress headaches
- Changes to eating or sleep habits
- Increased irritability
- Isolating myself
- Strong emotions
- Feeling disconnected or detached
- Feeling overwhelmed
- Hard time focusing
- Urges to use substances
- Urges to self-injure
- Thoughts of suicide

What physical, emotional, behavioural, or thinking cues tell you that you're feeling overwhelmed?



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MY GO-TO COPING STRATEGIES

Some Examples:

- Going for a walk
- Working out
- Drawing or colouring
- Spending time in nature
- Connecting with friends
- Taking a nap
- Cooking or baking
- Talking about how I'm feeling
- Calling a helpline
- Journalling
- Meditation
- Listening to music



*Knowing what has helped
in the past is a great place
to start when identifying
coping strategies that
work best for you!*

Coping strategies that have
supported my well-being
in the past...



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NEW STRATEGIES TO TRY

Some new coping strategies
I can try...

What are some new coping strategies you can try to help support your well-being when things get tough?

Remember that not every strategy will be the right fit in every situation. Coping is all about finding tools that best meet your needs in the moment.

Identifying new strategies can help expand your coping toolkit and provide you with options when you need them most.



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WHERE I'LL TURN TO FOR SUPPORT

Some Examples:

- People you trust (friends/family/mentors)
- UWindsor Student Counselling Centre
- UWindsor Student Health Services
- UWSA Peer Support Centre
- Wellness Together Canada (24/7)
- Good2Talk (24/7)
- Talk Suicide Canada (24/7)
- Crisis Text Line (24/7)
- Community Crisis Centre (24/7)



For service contact information
& additional resources, please
visit www.uwindsor.ca/wellness

*Asking for help and talking
about how you're feeling is
always courageous and
strong.*

**You deserve support.
Please reach out.**

Resources I'll reach out to...



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REMINDERS FOR TOUGH DAYS

When everything feels like it's too much, I want to make sure that I remember...

Some Examples:

- There are people who care about me
- My emotions matter and they are valid
- I am allowed to have tough days
- It's okay if I need to take it slow today
- My pain deserves to be cared for
- Asking for support is always strong
- Reaching out for help is courageous
- I can heal, even if things feel hopeless right now
- It's not my fault that I am hurting
- I am doing the best I can
- What I'm feeling makes sense given what I have lived through
- Recovery is possible
- I don't have to face this alone

When we're hurting, sometimes it's hard to find hope. Leave yourself a message of care that you can come back to if you need it.



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REMEMBER...

Taking time to take good care of yourself, prioritize your needs, and reach out for support is strong and resilient.

If you are thinking about hurting yourself or ending your life, it's important to tell someone safe about how you're feeling. Talking about self-injury and suicide is courageous and strong, and the resources mentioned in this guide are safe, non-judgmental services you can turn to for support and care.

If you are in crisis or need to talk to someone immediately, please call a 24/7 helpline.

If your life or someone else's life is in danger or you are not able to stay safe, please call 911 for emergency services or go to the Windsor Regional Hospital Emergency Department, 1030 Ouellette Ave., Windsor, ON.

Wellness Together Canada | 24/7

Mental health & substance use counselling and support for anyone living in Canada.

Call: 1-866-585-0445

Text: WELLNESS to 686868

www.wellnesstogether.ca

Good2Talk | 24/7

Mental health support for Ontario post-secondary students.

Call: 1-866-925-5454

Text: GOOD2TALKON to 686868

www.good2talk.ca

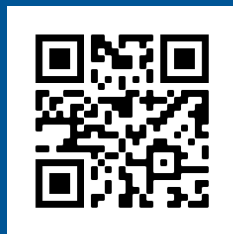
Talk Suicide Canada | 24/7

Support for anyone in Canada concerned about suicide.

Call: 1-833-456-4566 (24/7)

Text: 45645 (4:00 pm-midnight EST)

www.talksuicide.ca



Looking for more resources?

Scan here or visit:

www.uwindsor.ca/wellness



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