

## Coping Strategy Diary

AUTHORS

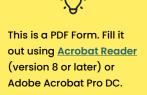
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## Description of resource

This diary can be used by carers, family, and support workers to record how a person with intellectual disability is using coping strategies that they have learnt. If the person is unable to use a coping strategy in a particular situation, it is also useful to note this. You can show the diary to the person's health and disability professionals at appointments to help monitor their progress.

See the <u>Supporting someone along a mental health pathway</u> and <u>Working together with</u> <u>the person and their team</u> sections on the <u>Intellectual Disability Mental Health Connect</u> website for more details.









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## **Coping Strategy Diary**

A coping strategy is something we can use to cope in a stressful situation. You can use this diary to record how a person you support is using coping strategies they have learnt.

Date	Situation	<b>Coping strategy used</b> (If the person did not use their coping strategy, was there a reason?)	How did it go?

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