



# Coping Strategy Diary

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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 [Supporting someone along a mental health pathway](#) and [Working together with the person and their team](#) sections on the [Intellectual Disability Mental Health Connect](#) 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	Coping strategy used (If the person did not use their coping strategy, was there a reason?)	How did it go?



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