

Coping Plans

For each action from your SMART action plan, identify the most likely **barriers** to you undertaking that action and think about how you will overcome those. Please think of as many **solutions** as you can. It can help to form a plan of what you will do by using '**if-then statements**'. For example, **IF** I begin to feel annoyed or frustrated by an event or person when undertaking [*insert your planned action*], **THEN** I will take myself away from the environment and use deep breathing exercises to help me feel calmer. Please take some time to develop these statements as research shows they are effective at sustaining behaviour(s) that will help you attain your goals.

Action	Potential barriers	Solutions	If-then statement