My Coping Plan for School Pressure

1. Identify Triggers
- Examples: Exams, homework, social pressure

2. Feelings & Body Signals
- Examples: Anxiety, fast heartbeat, tense muscles

3. My Coping Strategies
- Examples: Deep breathing, short breaks, talk to someone, tense and Release Muscle Relaxation

4. Positive Reminders
- Examples: "I can do this step by step"

5. Emergency Support
- Examples: Who can I contact? Teacher, counselor, parent

Learn more:

Gollwitzer, P. M. (1999). Implementation intentions: Strong effects of simple plans. American Psychologist, 54(7), 493–503.

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