


Supporting the anxiety (intervention)

Supporting approach Coping Step Plan	Making it successful	Resources
<p>Coping Step Plans are a way of breaking down a larger goal into a more manageable sequence of smaller goals.</p> <p>A Coping Step Plan can be a useful tool for individuals experiencing anxiety.</p> <p>The plan can be as simple or as elaborate as you like. It can simply describe each step, or it can include strategies that will assist in making your plan successful.</p> <p>Coping Step Plans are a bit different from coping plans, which might include additional information about triggers or top ways to stay calm. The emphasis really is on the 'steps.'</p> <p>Coping step plans are sometimes referred to as 'exposure ladders' especially if the anxiety is about a phobia of animals, for example and you want to work towards stroking the animal.</p>	<p>Here is an example of a Coping Step Plan:</p> <p>Your big goal – read out a poem in front of the whole school at assembly.</p>  <p>Now, get yourself a pen and paper and draw some steps or even a ladder.</p> <p>On the first step, write your first mini goal:</p> <p>1st step- practise at home in front of the mirror. Carry on like this until you have roughly 4 or 5 steps before reaching your big goal. You may need more steps if the big goal seems far off.</p> <p>2nd step – practise at home in front of mum and dad 3rd step – practise at home in front of your family 4th step – practise in front of a small group of friends 5th step - practise in front of your whole class 6th step – your big goal – now you are ready to read out the poem in front of the whole school.</p>	<p>All you need is paper and a pencil.</p> <p>Be creative. This is your Coping Step Plan.</p> <p>If you want to include additional strategies for each step, make sure your steps are wide enough to write these on the step.</p> <p>Some examples might be:</p> <p>Using breathing techniques Positive self- talk Listening to relaxing music in the background.</p>