

# My Coping Plan

Your coping plan will help hospital staff, like doctors and nurses, understand how to make painful, stressful, or uncomfortable experiences easier for you.



## When feeling pain/anxious

- Deep breathing
- Listen to music
- Positive self talk "I can do this!"
- Talk with someone
- Listen to a story / Read
- Fidgets
- Journal
- Draw / Paint
- Movies / Videogames
- Hold someone's hand
- Picture being in your favorite place

Other \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Sensory Preferences

Oral stimulation - chewies, pacifier, teether

Please specify \_\_\_\_\_  
\_\_\_\_\_

Vibration - massager, Lulla Vibe

Please specify \_\_\_\_\_  
\_\_\_\_\_

Tactile / Touch - soft, squishy, bumpy, crinkle books, fiber optic

Please specify \_\_\_\_\_  
\_\_\_\_\_

Sound - decrease/increase noise, sound machine, music

Please specify \_\_\_\_\_  
\_\_\_\_\_

Lights - bright/dim lights, curtains down, sky projector

Please specify \_\_\_\_\_  
\_\_\_\_\_

## Preparation and Procedures

- I like to know what is going to happen before it happens
- I like in the moment step-by-step of what is happening
- I prefer no preparation before or during procedure
- I like to count down before it happens
- I like to look away and not watch
- I like to watch
- Pain management: Emla cream, J-Tip, Buzzy Bee, cold spray
- Other \_\_\_\_\_

