My sleep cope ahead plan

A cope ahead plan is a strategy to help you prepare for and handle tough situations. This helps and supports your ability to manage your emotions and behaviors when facing challenges or difficulties. A cope ahead plan focuses on what you know about yourself and the strengths and strategies you have.

Sleep hygiene in action:
(what does it look & feel like? what am I able to do when I am sleeping well?)

Things that affect my sleep:
(triggers, situations, vulnerabilities)

These are the things I can do to improve my sleep:
(coping strategies, my strengths)

If I need extra support, these are people I can go to:
(who do you have at school & home)