



THE SAFE COPING MODEL



The SAFE Coping Model helps you choose healthy ways to cope with stress, overwhelm, or difficult emotions in the moment.

SAFE stands for: **S**oothe **A**ccept **F**ocus **E**ngage

Date: _____ What am I coping with right now? _____

Use this worksheet to explore coping strategies for each part of the SAFE Model.

S
SOOTHE
Calm your body and mind.



Ways to soothe myself:
(Examples: deep breathing, listen to music, take a warm shower, cuddle a pet, stretch)

- _____
- _____
- _____
- _____
- _____

Which of these can I do right now?

A
ACCEPT
Accept what I cannot change right now.




Ways to practice acceptance:
(Examples: remind myself this is temporary, allow my feelings, be kind to myself)

- _____
- _____
- _____
- _____
- _____

What can I remind myself of?

F
FOCUS
Shift my attention to something helpful.




Ways to refocus:
(Examples: journal, read, puzzle, watch something positive, go outside)

- _____
- _____
- _____
- _____
- _____

What can help me refocus right now?

E
ENGAGE
Engage in what matters to me.




Ways to engage:
(Examples: spend time with loved ones, do a hobby, volunteer, exercise)

- _____
- _____
- _____
- _____
- _____

What matters to me that I can do today?

PUTTING IT TOGETHER When I feel overwhelmed, I can use the SAFE Coping Model.

Which strategies from above will I use first? How will I put them into action?



REMEMBER:



- I can cope with this.
- ♥ It's okay to take things one step at a time.
- ♥ I have choices.
- ♥ I am stronger than I think.

MY SAFE PLAN

When I am struggling, I will:

- _____
- _____
- _____

People I can reach out to:

♥ _____

♥ _____

RATE HOW I FEEL NOW
(Circle one)



1 Very Overwhelmed 2 Struggling 3 Okay 4 Better 5 Calm & In Control

After using some SAFE strategies, my new rating is: _____



 I deserve to feel safe. I can cope. I can get through this. 