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, Lula 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__________________________