

JobTIPS



Set Up For Success! Key Points

1. Find the coping strategies that work for you.
2. Identify the location where you can use coping strategies at work.
3. Write out your coping plan and keep it in an easily accessible place.
4. Practice and learn your coping plan so you know what to do when you get frustrated.
5. Relax during your breaks to put yourself in a good mood.