# Stress and Support Balance - Cooperative Planning Workshop

You may write, draw, think quietly, use fiction, observe, or pass. Share only what you choose. This educational activity is not a test.

Fictional example: A member's crowded housing makes rest and routines difficult.

### 1. What is known in the fictional example, and what needs checking?

### 2. Map current demands, vulnerabilities, coping resources, and environmental supports. My notes, drawing, or possible response:

### 3. Which part of the situation needs outside support?

### 4. One optional next step, support, or reason to revise the idea:

You can pause or stop. Ask your facilitator for an alternative if this does not fit. No identifying information belongs in shared copies. Independent clinical review pending.