

Worksheet 7.2

Setbacks and flare ups plan

Having plans on hand and ready can help with riding out a setback. You know what will help you best to prepare for setbacks. Take some time to write some things down below that would be helpful for you to remember to draw on if you find yourself in a setback. These could be the kind of plans we've mentioned above, or different skills that you've learned. Whatever is most meaningful to you.

**My setback plan:**

What could cause my setbacks? (e.g. boom events, specific stressors, virus)

What are my early warning signs? (e.g. increased pain or fatigue, irritability, low mood)

Actions to take to manage setbacks (e.g. medication, delegate activities, increase rest)

Worksheet 7.2

Setbacks and flare ups plan

Enjoyable activities to help with setback (e.g. relaxation, favourite film/music, crosswords etc.)

Personal plan for getting back on track after set back (e.g. gradually increase exercise, get back to sleep routine)



Try writing these plans down on a small card and carrying it about with you, perhaps in your pocket, inside your phone case or in your wallet or purse.