

FROM RELAPSE to **REBOUND**

Just as there are times of moving forward with positive change, there can also be times where it feels like the change is stuck or moving backwards. Remember that it is normal to experience bumps in the road with any lifestyle change, and it is temporary. Here are some strategies to help you overcome times of relapse and continue moving forward towards a healthier lifestyle.

**RELAPSE
DOES
NOT
MEAN
FAILURE!**

It is NEVER too late!

No one becomes a star athlete without a few bumps and bruises along the way. They succeed because they accept their mistakes and *move on*. New habits will take time, patience, and lots of practice.

Be kind to yourself.

Everyone makes mistakes. The only way to keep failing is if you stop trying.

**Learn from
the relapse.**

Remember that no single event will erase all of your progress. Learning this means you are better prepared to handle it next time.

**YOU CAN
DO IT!**

Staying on Track

- **Be an observer.** Everyone has emotional ups and downs that can lead us feeling discouraged or like we should give up. This is a normal! Instead of letting your feeling take control, watch it come and go. Ask yourself what you're feeling, why you feel this way, and what this feeling is telling you. Do you want to talk to someone? Spend a few minutes by yourself? Get fresh air? This will help you realize that you, not your feelings, are in charge of your ability to care for yourself.
- **Practice "HALT."** Learning how to respond to our bodies needs, especially in the moment, is hard. Help yourself by practicing HALT. Are you hungry, angry, lonely, or tired? By learning to identify what is going on, you can learn how to recognize and respond to your needs.
- **Positive self talk.** You are more likely to succeed when you tell yourself, "I will be more successful today than I was yesterday." Focus on the benefits of your hard work.
- **Reach out!** Your interventionist, supportive friends, and family are your support system - they want you to succeed!

OVERCOME RELAPSE

- 1 Pause:** Take a breath and ask yourself, "how did I get here?"
- 2 Assess:** Try making an event chain. Include anything specific that you remember throughout the day.
- 3 Identify:** See if any events in your chain is a "trigger," or something that led you to not meet your goal.
- 4 Rebound:** Write down a solution to each trigger event. This is your emergency plan. You can jump right back into action and rebound!

EVENT CHAIN

