# FROM **RELAPSE**

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.

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

### Learn from the relapse.

Be kind to yourself.

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

## YOU C



### 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 A SSESS: Try making an event chain. Include anything specific that you remember throughout the day.

See if any events in your chain is a "trigger," or something that led you to not meet your goal.

Write down a solution to each trigger event. This is your emergency plan. You can jump right back into action and rebound!

### EVENT CHAIN

Stressful morning, running late to work and school

Go to bed early, have a normal routine Busy at work, skip lunch



Keep a snack at work or in work bag

### **Triggers**

- · Stressful morning
  - Long workday
  - Arguing kids
- Tired and hungry

Offer a positive reward for not fighting, like a weekend trip to the zoo

Kids argue, get stuck in traffic on way home from school

#### Relapse

- Not having a family meal time because too tired from not eating all day, pick up food
- Overeating at dinner because of skipping lunch, end up feeling sick
- Letting kids use screens right up until bedtime because of needing a break from stressful day

#### Rebound

- Prep lunch and snacks the night before
- Do deep breathing in car to release personal tension
- Sit at the table together to eat dinner. Even if picking up food, bring it home
- Screens off 1 hour before bed to help kids fall asleep

