

IF YOU WOULD LIKE HELP WITH RELAPSE PREVENTION



RELAPSE PREVENTION

- **MAKE A PLAN.** How would you describe yourself when you're feeling well? Write this down. Make a list of things that will help to give you an overall sense of well-being (e.g. eating properly, taking exercise, planning something fun etc).
- **PIN-POINT TRIGGERS.** What events cause you to think negatively or act unhelpfully? Write them down. Think about what actions you can take to avoid events or how you can best deal with them if they happen.
- **WATCH FOR WARNING SIGNS.** Small changes in your thoughts, feelings and behaviours can be signs that you might have slipped back into old habits. Write the signs down. What actions can you take to get back on track? You can also list things that don't help and should be avoided until you feel better.
- **KEEP YOUR TOOLS FOR RELAPSE PREVENTION.** When you're feeling overwhelmed pick a helpful activity from your list and set aside time to do it.
- **SEEK SUPPORT WHEN NEEDED.** If you feel that everything is too much, contact your GP.



For more self-help material & service info:

better@wellbeing-glasgow.org.uk

WWW.WELLBEING-GLASGOW.ORG.UK

