

January 2024

# Dealing with Set-backs & Planning for Success

BEHAVIORAL HEALTH  
WELLNESS SHORTS



The New Year brings a sense of renewal and rejuvenated feelings of motivation to start fresh. This leads many of us to use this time to reevaluate and take inventory of our lives, habits, or goals.

Setting objectives can lead to meaningful change, but in all reality, we aren't necessarily great at sticking to goals - especially New Year's resolutions!

## Guilt... Shame... Failure...

If you've ever made a sincere commitment to yourself to give up bad habits and begin engaging in healthier behaviors, any small slip in progress can feel like a huge setback - accompanied by lots of negative self-talk.

You may look at these occurrences as evidence of personal weakness, lack of willpower, or even a sign that you just aren't capable of self-improvement.

### Relapse (or Lapse):

Common occurrence with any type of behavior change; can cause a person to experience feelings of failure and disappointment.

Instead of feeling like a failure when you fall back into old, unhealthy behaviors, consider embracing your relapses as mile markers on your route to success. Whenever we have a set-back, it's an opportunity to get curious, learn and grow!



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# Set-Backs Happen

Falling back into previous patterns, behaviors, or habits is VERY common!

*Normalize this often & without judgement!*

## Lapse

- A temporary deviation
- A slight error typically due to forgetfulness or inattention

### Example:

A person lapses on their diet plan with a few servings of dessert

## Relapse

- To slip or fall back into a former worse state
- A recurrence of symptoms after a period of improvement

### Example:

A person relapses on their diet plan and gains 25 pounds

If you're changing habits in your life, at some point you will probably find yourself slipping back into your old ways. Instead of fearing such slips, plan for them and set up some support strategies.

REMINDER

PROGRESS ISN'T LINEAR

IT'S OKAY IF YOU GET STUCK OR FALL BACK

JUST KEEP MOVING FORWARD

DON'T BE OVERLY CRITICAL OF YOURSELF

GET AWAY FROM "ALL-OR-NOTHING" THINKING

IT TAKES TIME AND PRACTICE TO FORM A NEW HABIT

It's not just about cutting out addictive behaviors or unhealthy habits... one must approach each day with positivity, proactivity, and A SOLID PLAN



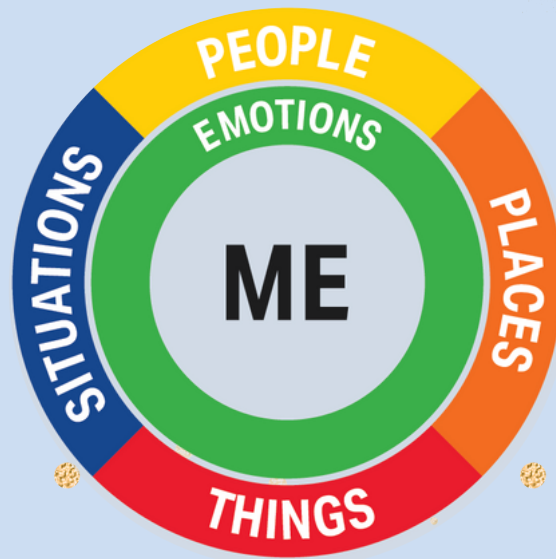
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# Relapse Prevention

## 5 Unbeatable Pieces of the Plan...

Download a template at:  
[www.psychpoint.com/worksheets/relapse-prevention-plan](http://www.psychpoint.com/worksheets/relapse-prevention-plan)

1. Identify triggers, high-risk situations & warning signs



**Review & revise the plan often...**

**Remember to celebrate victories!**

2. Develop coping strategies

3. Establish a support network

4. Create a self-care plan

5. Develop a plan for relapse responses

## Did You Know...

Change is an ever-present driver in the workplace. Whether it is new faces, new goals, new organizational structure, or new customers, our professional lives are constantly shaped by shifting forces and directions - change creates both challenges and opportunities in all facets of our work lives.



The American Bar Association suggests:

1. Allow time for reflection
2. Utilize communication and collaboration
3. Stay positive and proactive
4. Be flexible and embrace mistakes
5. Practice wellness
6. Stay centered in purpose/meaning



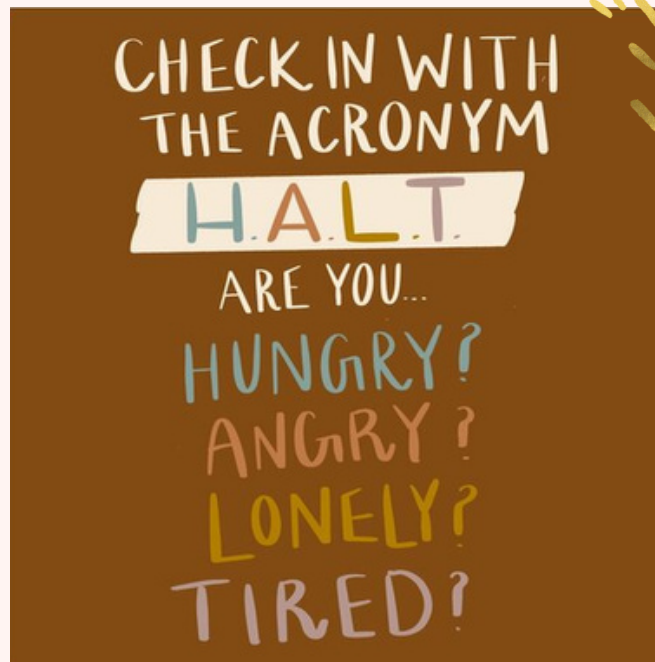
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# Quick Tips:

HALT can serve as a reminder to take care of basic needs everyday. Take a moment each day to check in with yourself.

Honestly assessing how you feel takes only a minute. Doing so will make the everyday stress of life easier to deal with and help you maintain changes.



## STOP!

Avoid doing anything impulsive.

You have the power to decide to react differently - use it!

## THINK!

Ask yourself: "Do I really want to react this way?"

Make a decision to act, rather than react.

## COPE!

Do something healthy that will help you to stay safe and feel more in control of your emotions.

*Don't give up when you feel discouraged...*  
Consistently remind yourself of the important "WHY's" behind wanting this change!

The Substance Abuse and Mental Health Services Administration (SAMHSA) leads public health efforts to advance the behavioral health of the nation.

Visit [www.SAMHSA.gov](http://www.SAMHSA.gov) or call 1-800-662-HELP for additional recovery resources.

### Resources:

[www.americanbar.org/careercenter/blog/tips-to-weather-times-of-workplace-transition/](http://www.americanbar.org/careercenter/blog/tips-to-weather-times-of-workplace-transition/)

[www.samhsa.gov](http://www.samhsa.gov)

[www.smartrecovery.org/what-is-smart-recovery](http://www.smartrecovery.org/what-is-smart-recovery)

[www.umassmed.edu/contentassets/58c9d438c9ef4f7f8a4a44e9452d471a/mission-consumer-workbook.pdf](http://www.umassmed.edu/contentassets/58c9d438c9ef4f7f8a4a44e9452d471a/mission-consumer-workbook.pdf)

[www.youtube.com/watch?v=jl8yWX4AiEo](http://www.youtube.com/watch?v=jl8yWX4AiEo)

