

Setback Prevention during Vocational Rehabilitation

Setbacks are a normal part of recovery. It is not unusual for our well-being to deteriorate temporarily; fluctuations in well-being are normal. It is important to recognize your warning signs and be aware of how to respond to them.

Setbacks can also be a valuable opportunity to learn new things about yourself. That way, you can learn from the experience and turn it into a strength. Experiencing a setback does not mean that you are back on the starting point. Increased stress, insomnia, pain, or changes in mental well-being can contribute to setbacks. It is helpful to remind yourself that everyone has bad days. On such days, it is useful to apply the tools and resources that you have learnt.

To deal with the circumstances that we are facing in society, it is good to stop and explore the most useful reaction for you in the situation. It is beneficial to examine your opportunities for maintaining your mental and physical well-being; could you do something new, do things differently, do more, or less of something?

Attached is a setback prevention plan. It might be useful for you to read the questions and try to answer them to the best of your ability.

Setback Prevention Plan

What has benefitted me before when I have been under stress?

What do I need to be alert to? What are my warning signs?

What helpful resources and techniques have I learnt to deal with stress / my warning signs?

Where can I find the support that I need?

How can I continue to maintain my mental and physical well-being? What can I do more of, less of, new, or differently?

How can I make sure that I do what I know works best for me? (Set goals / Activity plan / Diary / Routine)