

## **Setback Prevention after completing the 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 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 is the most valuable thing I learned during my rehabilitation?**

**What do I need to be alert to in the future? What are my warning signs?**

**What helpful resources and techniques have I learnt to deal with circumstances when I experience difficulties?**

**What can I do to maintain the results that I gained from the rehabilitation?**

**How can I continue to maintain and adopt the lifestyle that is most effective for me? What can I add to what I learned in rehabilitation?**

**Where can I find the support that I need?**