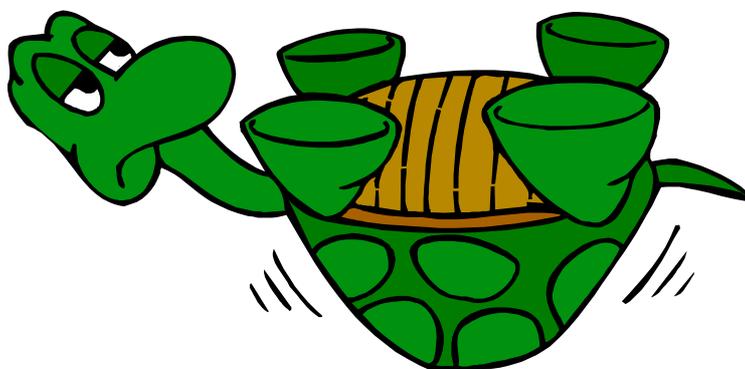


Maintaining progress and managing setbacks



This section is to help you:

- Maintain progress
- Understand more about setbacks
- Identify what could trigger a setback for you
- Plan how to manage setbacks

Carefully read each statement in the box above. Tick those you would like to be more confident in understanding or managing better.

Maintaining change - how to keep progress going

There are many ways to maintain change and continue to build on your success and increase confidence.



- Vary your activities and exercises as they can soon become boring.
- Try fun and enjoyable ways to increase your activity level, like a game of crazy golf.
- Steadily increase your exercise routine.
- Set yourself short and long term S.M.A.R.T. goals.
- Reward yourself frequently and enjoy it!
- Pace yourself.
- Prioritise, especially on bad days -focus on what “could” be done on that day or that week. Avoid the “must do” or should do thinking.
- Keep a diary and watch your progress.
- Learn a new skill such as yoga, computer skills, crafts like cross stitch, painting or hobbies like fishing, photography, model making.
- Join an activity or leisure group, such as a walking group or a gym, where qualified instructors can help design a programme to suit your needs.

- Tell others around you how they can help you, for instance focus on your achievements or suggest rewards for progress.
- Refresh your mind by reading this section regularly.

My plan for maintaining progress is

1. _____
2. _____
3. _____

How to manage difficulties in order to maintain progress

There maybe all sorts of obstacles and barriers that affect or even stop your progress.

- Identify what may affect your progress or stop changes
 - lack of time
 - lack of motivation or drive
 - too many interruptions
 - family issues
 - feeling better!
 - other factors; feeling very tired,
being very angry



Next think about what might affect your progress now and put these difficulties in the box.

Managing difficulties to maintain progress - what to do now

It is useful to think about specific difficulties. It may help to look at the list of ideas on how to maintain progress.

Use the problem solving section to help you with a specific difficulty.

My solutions to manage difficulties are:



TIP: Then try out the best solution overall!

See section on problem solving



What is a setback?

A setback usually may disrupt your daily routine or activities and can last for a few days to several weeks. It can often be due to a severe increase in pain. It can be related to other things such as a mood change or a physical illness, sometimes just a severe cold.

A setback stops or limits many activities. It can make you feel down, disappointed or frustrated.

What could trigger a setback?

Setbacks can be caused by many factors such as feeling very low, having a virus infection, family illness, crisis with a child or elderly relative, working overtime or going on holiday, worry over debts.

Think of any issues in your life likely to cause you a setback. Colour in the boxes on the scale to show the high or low risk



factor.

Low risk

High risk

Family

Work

Lack of time

Pain

Holiday

Feeling low

Other issues list below and rate on the scale

An example of a setback:

Maria found the following issues were linked to her latest setback.

- My tooth pain with infection
- Getting angry with my brother, John.
- Sleep problems, waking hourly
- Fallen out with the neighbours
- Worrying about Angela, my sister who drinks too much alcohol and who will look after her children
- Not enough money to pay the telephone bill

Look at your last or current setback. Write down what may have contributed to it.



TIP: Sadly setbacks are inevitable. The **good news** is what you do during a setback will make a **real** difference to the following.

- ◆ The impact that it has on your day to day life
- ◆ The length of time that it lasts
- ◆ The frequency of them



“So, how do I manage a setback?”

- ◆ Don't Panic!!
- ◆ Don't stop everything, this only a short term problem
- ◆ If you are forced to rest keep this to a minimum. The longer you rest the more difficult it is to get going again.



Some ways to manage setbacks

- Tick those you will try
- Keep doing your exercises, reduce by half your normal level for a few days
- Cut your sitting, standing and walking times limits in half.
- Use heat or ice packs
- Increase your relaxation time
- Use your pacing skills
- Set yourself S.M.A.R.T. short term goals
- Prioritise what could be done during the setback
- Plan how you are gradually going to increase your exercises and activities.
- Keep a diary of what helped you to manage the setback this time. Inform family and friends what they can do to help.
- Review (don't dwell on) recent activities that may have caused the setback, what can you learn from this?

- If you need medication then take it regularly “by the clock,” reduce gradually as the setback improves.
- Remember where you were before this setback. Focus on your achievements and not the setback.



Example: Steve’s plan to manage a setback:

- ◆ Start my relaxation – the deep breathing skills.
- ◆ Use my relaxation music.
- ◆ Do my three stretches twice a day just to the stretch sensation not the pain.
- ◆ Check through my success list in the last four weeks.

What helped me in my current or last setback?

1. _____
2. _____
3. _____



What will I do in my next setback?

Write down your plan. When a setback comes you need to know what to do and when quickly.

- 1.
- 2
- 3.
- 4.



Well Done!

You have completed the section on maintaining progress and managing setbacks

Summary

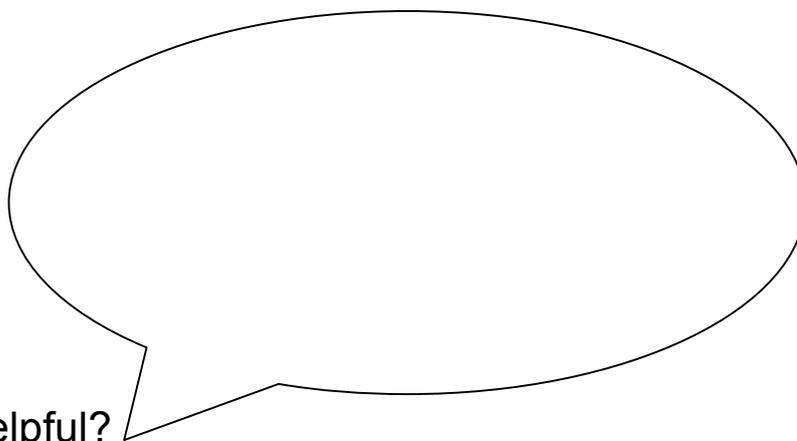
- ◆ Maintaining progress means pacing, planning and regularly rewarding yourself because you have kept going.
- ◆ Setbacks happen and understanding what may trigger them will help.
- ◆ Planning helps them settle quicker so they are less likely to interfere with daily life.
- ◆ Each setback can mean the chance to learn better ways to manage pain. This helps to stay confident and more active even in difficult times.

See sections on moods, physical activity, goal setting, relaxation, problem solving, acceptance and using drugs better.

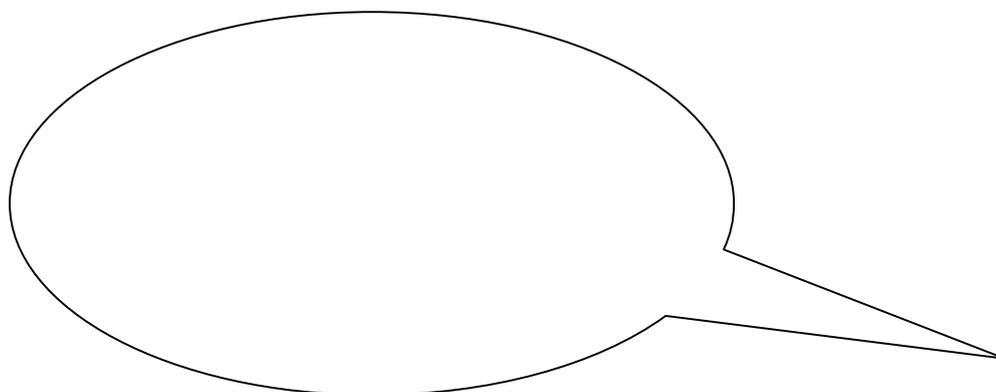


Now that you have completed this section take a few moments to think about how useful it is to you.

What was most helpful?



What was least helpful?



What will you do differently now you have used this section?

A large, empty rectangular box with a folded bottom-right corner, intended for writing an answer.