

 A gentle guide, at your own pace

Small, practical steps to help you navigate **daily life**. One day at a time.

Relapse can affect routines, energy, emotions, relationships and plans for the future. You don't need to manage everything at once. **Be kind to yourself: you are doing your best.**

Start the guide 



HOW TO USE THIS GUIDE



Read what feels relevant
Start wherever matches today.



Check in with yourself
Use the reflection prompts.



Listen for a moment
Scan the QR codes for audio.

Coping with Everyday Life After Relapse

1 When life feels disrupted again

Plans change and routines can be hard to keep — this is normal. The goal isn't to return to “normal” right away. **It's to find small points of stability.**

ANCHOR PRACTICAL IDEA

Choose one small routine or anchor to keep this week.

e.g. morning coffee · a short walk · calling someone · preparing meals · resting at a regular time

REFLECTION PROMPT

What is one small routine I want to keep this week?

2 Living with uncertainty

Not knowing what comes next can be one of the hardest parts. It can help to gently separate things out:

✔ What I know now

❓ What I don't know yet

💬 What I can ask at my next appointment

🕒 What doesn't need solving today

REFLECTION PROMPT

One question I can write down for my next appointment:

3 Managing fatigue and energy

Fatigue may be physical, emotional or mental — and energy can change from day to day.

ENERGY CHECK-IN

Today my energy feels...



Low



Medium



Okay

Then I'll choose...



ESSENTIAL
One must-do



HELPFUL
One nice-to-do



POSTPONE
One for later

REFLECTION PROMPT

One thing I can do today that fits my energy:



Coping with Everyday Life After Relapse

4 Emotional ups and downs

After relapse, it's normal to feel a mix of emotions. They come and go. **What am I feeling most today?**

- Worried
- Angry
- Numb
- Sad
- Restless
- Overwhelmed

FOR THE NEXT 10 MINUTES

What might help me right now?

e.g. breathing · sitting quietly · stepping outside · writing one thought down

5 Work, family & responsibilities

Relapse can touch many parts of life. It's okay to adjust expectations and ask for support. **What feels hardest to manage right now?**

- Work
- Family
- Appointments
- House tasks
- Hard conversations
- Uncertainty

SMALL ACTION

One thing I can ask for help with — or make easier — this week:

6 Support moments: audio exercises

Scan with your phone camera to listen.



Mindfulness for Anxiety and Stress

3 MIN



Stress Relief Through Breathing

3 MIN



Mindfulness for Sleep

8 MIN



Riding Out Stressful Moments

9 MIN

Kind reminders

- It's okay if today is harder than yesterday.
- Rest is productive. Your body is working hard.
- You don't have to do everything.
- Accepting help is a sign of strength.
- Small steps still move you forward.



You are not alone. Many people understand what you're going through — support is available, and you don't have to face it on your own.