

 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

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02

03

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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.**

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:

Continue to feelings & support



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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?

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.