



Functional Restoration and Managing Setbacks

1. What sort of things/situations might trigger a set back?

Think of the last time you had a setback. What sort of things happened to you that resulted in you having a setback?

When you had your setback, what sort of things did you think or do?

2. What can I do to manage a set back?

The aim is to find ways in which you can deal with your set back pro-actively, using methods that both acknowledge the difficulty but put it in perspective, leaving you with a greater sense of control.

Try to identify things you can do to help manage a future setback.

What caused the set back?

Naturally you will want to know what caused the set back so that you can learn from experience. Be careful not to jump to conclusions though. Don't dwell on what caused it for too long (it may lead to frustration). If you do not know what caused it, 'let it go', acknowledge that sometimes we don't have all the answers.

What caused the set back?

Naturally you will want to know what caused the set back so that you can learn from experience. Be careful not to jump to conclusions though. Don't dwell on what caused it for too long (it may lead to frustration). If you do not know

what caused it, 'let it go', acknowledge that sometimes we don't have all the answers.

SETBACK EMERGENCY CARD

- Don't panic – this will get better
- Assess whether this is a new pain or your familiar one
- Try to relax and do some gentle exercises
- Take it slower for a few hours
- Keep active, but potter about
- Begin to pace your exercises up gradually
- Take some of your usual medication if necessary
- Keep in control – don't seek further referral to a 'specialist'
- Try and work out why the setback happened
- Congratulate yourself afterwards for managing it well