

superlife: my personalised setback & recovery plan™

This week, Dr. Happy is guiding you through developing your own setback and recovery plan, so that you can quickly and easily bounce forward!

1. WHAT ARE YOUR EARLY WARNING SIGNS? GETTING IN EARLY CAN MAKE IT SO MUCH EASIER TO DEAL WITH, SO KNOWING WHAT TO LOOK FOR AND RESPONDING AS SOON AS POSSIBLE IS A POWERFUL FIRST STRATEGY.

2. WHAT HAVE YOU DONE IN THE PAST THAT'S NOT HELPED? HOW CAN YOU AVOID DOING THIS?

3. WHAT WOULD BE THE MOST USEFUL THINGS TO DO TO ADDRESS WHAT'S GOING ON AND GET YOU BACK ON TRACK? HOW CAN YOU, FOR EXAMPLE, STAY CALM SO YOU THINK CLEARLY AND ENGAGE IN HELPFUL BEHAVIOURS? WHO COULD YOU, FOR EXAMPLE, TALK TO OR REACH OUT TO FOR SUPPORT? WHAT THOUGHTS WILL HELP YOU (AND WHICH ONES WON'T)?

4. NOW THAT YOU'RE ARMED WITH THIS KNOWLEDGE, YOU CAN WORK THROUGH THE FINAL STEP: IN THE LEFT-HAND COLUMN LIST WHAT NOT TO DO AND IN THE RIGHT-HAND COLUMN, LIST WHAT TO DO!

PUT ALL THIS TOGETHER IN TO A CLEAR AND SIMPLE PLAN; KEEP IT SOMEWHERE YOU CAN EASILY FIND IT; REHEARSE IT REGULARLY JUST LIKE YOU'D PRACTICE A FIRE DRILL; AND WHERE AND WHEN APPROPRIATE, MODIFY AND IMPROVE IT.