

How to plan for setbacks

Setbacks are a normal part of life and part of every wellbeing journey. Planning for them doesn't mean expecting the worst – it means knowing what helps you get back on track when things wobble. Here are some things that you might want to reflect on.



Notice your early warning signs.

Everyone has signs that things are getting harder, for example, feeling more tired or avoiding people.

What are your early warning signs?



Identify what triggers a setback.

Everyone has times when things feel tougher. Looking back can help you spot what tends to trigger a dip or setback.

What are your triggers?



Know what helps you feel steady again.

We all have different things that help us get back on track, for example, going for a walk, talking to someone supportive or listening to music.

What do you do to help you get back on track?



Identify your “go-to” supporters.

Who are the people in your life who you feel comfortable talking to? Who listen without judging you and help you feel grounded.

Write their names here and how you usually contact them.

Remember: Setbacks are not failures

They don't mean you're going backwards – they mean you are human.
Having a plan helps you recover faster, feel more in control, and protect your wellbeing.