104 An Introduction to Living Well with Pain

My action plan for setbacks

Setback plans help keep your life on track, so explore the resources to guide your plans.

- 1. What changes can I make to prevent a setback?
- 2. Which activities shall I reduce (but not stop altogether) in a setback?
- 3. What stretches shall I do every day?
- 4. What rewards will keep me motivated?