



Relapse means that the symptoms you had before you were treated have returned. It can also mean a loss of function in your daily life and activities. Relapse occurs very commonly with illness. The best time to plan for a relapse is when your symptoms are well controlled.

People often have triggers that cause them to become ill again. Also, people have early warning signs that come before their illness. Know your own triggers and warning signs.

### **Some things you can do if you have some warning signs of your illness:**

- Contact your family, friends and team members more often for support.
- Talk about your early warning signs with the people you trust (refer to your warning signs checklist).
- See your doctor, he/she may be able to adjust your medication.
- Monitor your symptoms and warning signs closely.
- Know what can trigger your illness (such as a job change, a move, less sleep).
- Maintain your support and seek more help if needed.

### **To help prevent a relapse:**

- Avoid situations, people, or things that give you stress.
- Come up with some healthy habits to counteract stress.
- Get enough sleep, eat healthy food.
- Do not use alcohol and drugs.
- Take your medication as your doctor prescribed.
- Have structure in your day, stay active and busy but also have rest periods.

### **It is ok to relapse:**

This is common and it is not your fault. Remember, relapse is normal. Here are some things to think about if you relapse:

- Do not be too hard on yourself.
- This is just a set back not the way you will always be.

- Negative and bad events are a part of life.
- You are allowed to struggle and fail.
- Relapse and recovery will make you stronger. You will be better able to identify these phases in the future and learn from them.
- Live in the moment, this will pass.

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