

# Maintenance

## Dealing with Setbacks, part 1

Many times after having kept up with healthy habits for a while, one experiences setbacks. A setback is when you go back to old, unhealthy habits after having had a period of improvement. Setbacks can make you feel disappointed and discouraged, and if

you are not careful they can keep you from returning to healthy habits.

Figuring out what triggers you to return to old, unhealthy behaviors can help you come up with ideas for things you can do to better to cope with the situation. Below are some examples of common triggers of old behaviors. Try to think of how you can better cope with triggers to prevent a setback:

Trigger	Old Behavior	How Can I Cope Better?
At a party, there is food and everyone is eating.	Ate everything they served.	Eat a small, healthy, snack before the party so that I will feel full and eat less.
Failed a test.	Felt disappointed and overate.	<input type="text"/>
The weather is hot.	Stayed home instead of working out.	<input type="text"/>
Did not lose as much weight as expected.	Eat anything – even if it's not healthy.	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>



Setbacks are common. By preparing for them ahead of time you will be more likely to maintain healthy behaviors!

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