

Maintaining my progress

NOTICE • ADJUST • COME BACK



Recognise what helps, notice changes early and respond with care

Progress is rarely a straight line. This page helps you keep what works, prepare for difficult periods and respond to setbacks without shame.

WHAT HAVE I LEARNED?

About myself, my needs, my patterns and what recovery or progress means to me.

WHAT HAS BEEN MOST USEFUL?

Skills, routines, relationships, treatment, adjustments, boundaries or practical support.

WHAT HELPS ME STAY WELL?

The small things I want to continue, protect or return to regularly.

MY VULNERABLE TIMES

Situations, losses, changes, anniversaries, sensory pressures or demands that may increase strain.

MY EARLY SIGNS

Changes in thoughts, feelings, sleep, energy, connection, behaviour or self-care.

MY EARLY RESPONSE

What can I reduce, restart or ask for before things become harder?

IF I EXPERIENCE A SETBACK

What has helped before? Who can help now? What is the smallest supportive next step?
A setback does not erase what you have learned or the progress already made.

Space to Breathe Therapy | Maggie Learoyd