Recent news and research

7.8 How can relapse be prevented?

News reports:


7.8.2 Anticipating and avoiding triggers (stress and mood changes, social pressure and alcohol)


Research:


7.8.1 Keeping motivation top of mind


7.8.2 Anticipating and avoiding triggers (stress and mood changes, social pressure and alcohol)


7.8.3 Managing transitory negative effects and weight gain


7.8.4 Managing cravings


7.8.4.1 Constructive self-talk


7.8.5 Mindfulness


