Recent news and research

7.8 How can relapse be prevented?

Last updated April 2016

News reports:


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


7.8.5 Mindfulness

