

The Fibromyalgia Flare Plan

Six triggers to track, the three part rule, and what providers try first

✓ **Verified against published guidance** from Cleveland Clinic, Mayo Clinic and the CDC · sources below

Cleveland Clinic says fibromyalgia does not damage your joints or organs and is not life threatening, but a provider may order basic blood tests to rule out other conditions such as thyroid disease or inflammatory arthritis. It also says to tell your provider if you notice changes in your mood or persistent brain fog, because emotional health deserves the same attention as physical health.



Do This

Track the six triggers

- Stress and routine changes
- Weather, illness, new medicine
- Poor or shifted sleep

COACH'S TIP Cleveland Clinic lists all six.

Learn the three part rule

- Pain in 4 of 5 body regions
- Nothing else explains it
- Symptoms for 3 months or more

COACH'S TIP The criteria many providers use.

Protect sleep first

- Same bedtime, seven nights
- Dark and quiet room
- Screens down before bed

COACH'S TIP Mayo Clinic: people wake up tired.

Move low and often

- Walking, swimming, biking, yoga
- Regular beats heroic
- Ten easy minutes counts

COACH'S TIP Cleveland Clinic names these first.

Bring the whole picture

- List your other conditions
- Ask who else should be involved
- Name the sleep and mood parts

COACH'S TIP CDC: the care team is a team.

Treat mood as part of it

- Anxiety and low mood are symptoms
- Say it out loud at the visit
- Talk therapy is a treatment

COACH'S TIP CDC names cognitive behavioral therapy.



Do Not

Do not buy a diagnostic test

- No blood test confirms it
- Insurance often will not cover
- The advertised ones miss

COACH'S TIP Cleveland Clinic says so directly.

Do not spend a flare in bed

- Pace it, do not stop
- Return to routine slowly
- Gentle stretching helps

COACH'S TIP Cleveland Clinic: not all day in bed.

Do not fear joint damage

- No damage to joints or organs
- The pain is still real
- Not life threatening

COACH'S TIP Cleveland Clinic, in those words.

Do not change two things at once

- One change at a time
- Keep the log readable
- Give it two weeks

COACH'S TIP New medicine is itself a trigger.

Do not wait for a cure

- No cure right now
- Symptoms can ease over time
- It is treatable

COACH'S TIP Cleveland Clinic: managed, not cured.

Do not delay the log

- Start it today
- Your triggers are personal
- Three months is the threshold

COACH'S TIP The log is half the appointment.

THE NUMBERS BEHIND THIS SHEET

Three figures worth knowing

4 of 5 Body regions that must carry pain (Cleveland Clinic)

3 months Minimum symptom duration (Cleveland Clinic)

30 to 50 The age band the CDC names as most likely