

SINCE IT CAN BE CHALLENGING TO AVOID FLARE-UPS ENTIRELY,

it's crucial to have a plan ready for when they happen. Having a plan can assist in minimizing the intensity and duration of flare-ups while also improving your ability to manage them effectively in the future. Use this template to create your plan and take control of your flare-up.

What are my triggers? How do I avoid them?

How do I improve my sleep?

What can I do to make sure I'm eating & hydrating well?

How can I stay active? What movements/ exercises help?

What relaxation techniques work well? (deep breathing, meditation)

What other things help my pain? (heat, ice, self-massage, acupuncture)

TAKE NOTES:

- What triggered this flare?
- How are my stress levels?
- Any changes to my activity levels?

KEEP CALM AND CARRY ON:

Remember that Flare-ups are temporary, and that "this too shall pass".

Your Care Navigator and team are always here to help. Stick to the plan, but please feel free to reach out if you are in need.