My flare-up plan

What you will do when symptoms flare up.

Name _____ Date _____

A flare-up is a temporary increase in symptoms. It does not usually mean new damage, and it will settle. The aim is to stay calm, ease off without stopping altogether, and return to your usual level step by step.

Early signs that a flare-up is starting

Things that tend to set one off

What I will cut back for a few days

What I will keep doing, at a lower level

- [ ] Gentle movement
- [ ] My routine
- [ ] Company

What eases it

- [ ] Heat
- [ ] Stretches
- [ ] Relaxation
- [ ] Distraction
- [ ] Medication as prescribed

Unhelpful thoughts that turn up, and what I will say back

Who I will tell, and what help I will ask for

How I will build back up afterwards

See your GP

if the pain is new or different, or comes with symptoms you have been told to watch for.

Afterwards: what I learned from this one

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