

My Flare-up Plan for “Special days”

You may flare-up for no good reason or perhaps because you walked a lot, sat a lot, did too many chores or etc. You may call those days “special days”, Be rest assured that you have not broken a bone, torn a muscle or a ligament and that you have not “damaged” anything.

Those who write down a plan in case of an inevitable pain flare-up recover faster when compared to those who do not have a plan. So please take the time and write down your plan and possible things you can do to recover from those special days. Here are some suggestions but you know yourself better than anyone so make the strategies that best suit you.

Ask yourself, “***What can I still do to get through this temporary flare-up on this special day?***”

<input type="checkbox"/> Reduce my activities by 50% for 2-3 days	<input type="checkbox"/> Self-talk to brain	<input type="checkbox"/> Writing therapy	<input type="checkbox"/> Heating pad
<input type="checkbox"/> Increase time on mindfulness breathing	<input type="checkbox"/> Epsom salt bath	<input type="checkbox"/> Use scented lotion	<input type="checkbox"/> Call a friend
<input type="checkbox"/> Listen to relaxing music with headphones	<input type="checkbox"/> Laugh for 1 minute	<input type="checkbox"/> Go for short walks	<input type="checkbox"/> Read a book
<input type="checkbox"/> Lie down more often	<input type="checkbox"/> Gentle sitting Yoga	<input type="checkbox"/> Watch a comedy	<input type="checkbox"/> Drink water

In case of a flare-up and on special days I will...

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
10. For my self-talk to my brain I will say,