

FLARE UP PLAN

What are my TRIGGERS? What may have contributed to THIS flare-up?	
What are my EARLY WARNING signs?	
What has worked well for me to MANAGE setbacks in the past?	
What other STRATEGIES can I try?	
Deep breathing Meditation Progressive Muscle Relaxation Positive Self Talk Phone a friend Set boundaries Ask for help	Hot/Cold compress or bath Gentle stretching or yoga Go for a walk Rest Medication Distraction: Do something you enjoy