

“Flare up” management plan

It is useful to work out a **plan of action** for how you will manage a time of increased pain. **Preparing in advance** for what you will do to cope at this time will help you to make sensible choices in your pain management. This could prevent you from becoming stressed or panicking about how to cope and help you to feel in **more control**.

Ideas to help you cope could include increased **meditation**, “noticing” how you are **thinking** and the affect this is having on how you feel, taking more **rest**, gentle **stretches** and exercise, using **heat/cold** and contacting the **“right” friend or family** member for support.

There are many other things you could try.

Writing down your action plan ahead of time is a **sensible aid** rather than having to think about what to do when you are experiencing the “flare up”.

A good “rule of thumb” is to evaluate how helpful your plan was after using it and then make adjustments as needed.

Use the boxes below for your plan.

Acknowledge how well **you managed** the “flare up”.

Order of action	Action tried as part of self management of your "flare up"	Evaluate how helpful the action was
1.		
2.		
3.		
4.		
5.		
6.		