

FLARE-UP PLAN

WHAT ARE MY HIGH RISK SITUATIONS AND TRIGGERS THAT OFTEN LEAD TO A FLARE-UP?

WHAT ARE MY EARLY WARNING SIGNS THAT A FLARE-UP MAY BE STARTING?

WHAT ARE MY SYMPTOMS OF A FLARE-UP

Physical Signs / Negative Thoughts / Negative Feelings / Negative Behaviors and Communication

WHAT STRATEGIES CAN I USE TO MANAGE THIS FLARE-UP?

WHEN DO I NEED TO INVOLVE A HEALTH CARE PROVIDER?

STRATEGIES THAT I CAN CONSIDER

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| MEDICATION | FAMILY /FRIEND SUPPORT | POSITIVE SELF-TALK |
| PHYSICAL ACTIVITY | HEALTH CARE TEAM SUPPORT | DEEP BREATHING |
| REST | HOT/COLD COMPRESS OR BATH | SET BOUNDARIES |
| MEDITATION/RELAXATION | GENTLE STRETCHING OR YOGA | DISTRACTION |

My Get S.M.A.R.T. (about self-management) Plan

MY S.M.A.R.T. GOAL

WHAT ARE THE STRATEGIES OR SERVICES THAT I WOULD LIKE TO TRY AT THE EHT?

OTHER COMMUNITY OR ONLINE RESOURCES THAT I WANT TO REVIEW