

# BEFORE A FLARE

Identify your flare triggers:

Stress

Yes

No

Poor Sleep

Medical Appointments

Activities

Injury

Other: \_\_\_\_\_

I'm more likely to have a flare during the (Circle)



Fall



Summer



Spring



Winter

What has helped during previous flares?

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What am I eager to try for the next flare?

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Have I looked into any assistive devices that could save my energy and prevent a flare?



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# DURING A FLARE

What were my warning signs?

Yes No

Increased Pain

 

Changes in Mood

 

Increased Fatigue

 

Fever

 

Digestive Problems

 

Other: \_\_\_\_\_

 

What feelings am I experiencing right now? (Circle)



Fear



Sadness



Anger



Grief



Frustration

What tasks do I need to prioritize?

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What tasks do I need to postpone?

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Did I contact my healthcare provider?

Yes

(What did they advise?)

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No

(Why not?)

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# AFTER A FLARE

What did I find helpful?

Yes No

Medications

 

Rest

 

Stress Management

 

Movement

 

Medical Appointment

 

Other: \_\_\_\_\_

 

I am proud of (Circle)



Persevering



Asking for Help



My Patience



Problem-Solving



Coping



Growing

What was surprising about this flare?

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What was typical about this flare?

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What is my plan for gradually resuming normal activities?



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