

My Flare-Up Plan

Fill it in on a good day. Use it on a hard one.

Before Fill this in now, while things are calm

My early signs (what tells me a flare is starting)

One small thing that usually helps me on difficult days

What has helped me settle before

What I can put on hold for a few days (and that's okay)

Who I'll tell, and what I'll ask them for

"This has settled before. It will settle again." A note for a hard day. Cross it out and write your own.

During When it hits

- 1 Take a moment to settle.** Breathe slowly and comfortably if that helps, or use another calming thing that works for you.
- 2 Do my small thing.**
- 3 Pick one:**
- 4 If you move, keep it calm, not forceful.** Stop if symptoms sharpen, spike, or keep climbing after you stop.
- 5 Adjust the day to what feels manageable.** Rest when you need to.

Feels different from your usual flare, new or worrying symptoms, or not sure what's happening? Contact your GP.

If you develop new and severe symptoms, your symptoms worsen rapidly, or you feel very unwell, seek emergency medical help or call your local emergency number.

After As it settles

Notice, don't blame. Flares often have more than one cause, and sometimes none you can find.

As things settle, return to your usual activities at a level that feels manageable for you.

What helped this time? Add it to Before.

Your patterns over time

Started

Settled
