Lesson 10

My Flare-Up Management Plan

If I have a flare-up of my \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, I will do the following:

|  |  |
| --- | --- |
| Change | How I’ll implement the change |
| Increase number of rest cycles per day | From \_\_\_\_\_\_\_\_\_\_ to \_\_\_\_\_\_\_\_\_\_\_\_\_\_ rest cycles  Other: |
| Ask PT how to change or cut back on exercises | PT advice: |
| Gradually increase activities | Increase \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to \_\_\_\_\_\_\_\_\_\_ times/minutes per day  Starting on this date: \_\_\_\_\_\_\_\_\_\_\_  Next increase \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| Relaxation and breathing  Imagery and positive thoughts | From \_\_\_\_\_\_\_\_\_\_\_\_\_\_ to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ relaxation/controlled breathing cycles  Positive thoughts and images to incorporate: |
| Who I need to tell about the flare-up, how they can help | I will tell \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  They can help me by: |