

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: