

My Personal Flare-up Plan

My Goal (s) are:

How to Prevent My Flare-ups

Actions I will take to prevent a flare-up:	
What are some strategies/techniques that I have learned:	
What are my triggers/warning signs of a flare-up:	

Identifying and Managing My Flare-up

What are my signs of a flare-up:	
Strategies to minimize my flare-up:	
Coping strategies I will use during a flare-up:	
How I will get back on track after my flare-up is done:	

Pain Management Strategies

- Focus on pacing activities
- Avoid overdoing activities
- Monitor your pain levels
- Use learned coping techniques (e.g., relaxation, deep breathing, mindfulness, etc)
- Set SMART goals (Specific, Measurable, Achievable, Realistic, Time)

When Do I Seek Help

- When the intensity or type of the pain is unfamiliar
- Unsure of what to do
- Concerned about your mood or emotional well-being
- Side effects or reaction to medication

Important Contacts

Family:	Tel:
Friend:	Tel:
Calgary Health Link	(403) 943-5465
Clinician:	Tel:
Doctor:	Tel:
Specialist:	Tel:
Ambulance	911
Other:	Tel: