



## Flare Up and Relapse Prevention Articles

1. Derbyshire NHS: [Coping with Pain at its Worst>>](#)
2. Northern Pain Centre: [Flare Management>>](#)
3. Oregon Pain Guidance: [Flare Up Toolkit>>](#)
4. Integrative Pain Science Institute: [Seven Ways to Calm a Flare-up>>](#)
5. Psychology Today: [Tips to Avoid Pain, Recovery, Relapse>>](#)
6. Pathways.health: [How to Avoid Chronic Pain Flare-ups...>>](#)
7. LifeinSlowMotion blog: [21 Ways to Cope with a Chronic Pain Flare>>](#)