

FLARE-UPS AND RELAPSE

Remember the 4 Rs: Recognize, Respond, Recruit, and Revise

Recognize

What are your warning signs? (physically and mentally)

Respond

- As your level of pain escalates – **DO NOT PANIC.**
- The flare-up could possibly be only a cellular memory** – **STOP! TAKE CONTROL!**
- Tell your body that you hear it and that you are going to take care of it.
- Breathe into your belly to calm yourself down and to give you time to think of your action plan. Your body needs oxygen, so breathe slowly in and out.

Recruit

- What is your ACTION PLAN? On a sheet write out a plan for a family member or significant other to help you in a time of crisis. Go over it with that person before you are in crisis.
- DO NOT BELITTLE YOURSELF!
- After you have returned to your normal state, **CONGRATULATE** yourself for getting through and taking care of yourself.

Revise

- What did you learn from this episode? How can you improve your plan?
- Update your plan and discuss the changes with those involved.

** According to the Wikipedia online free encyclopedia, “cellular memory is the hypothesis that such things as memories, habits, interests, and tastes may somehow be stored in all the cells of the human body, not only in the brain. The suggestion arose following a number of organ transplants in which the recipient was reported to have developed new habits or memories.”
en.wikipedia.org

FLARE-UPS ACTION PLAN

WORKSHEET

4 Rs: RECOGNIZE, RESPOND, RECRUIT, and REVISE

RECOGNIZE – Warning signs (physical and mental; include pain level): bumping into things, dropping things, accidents, fatigue, headache, anger easily, hypersensitive

RESPOND – Instead of reacting, take control: *Don't Panic – Breathe*, ice/heat pack, soft music, distraction, positive messages to the body, “I can help myself feel better; I have gotten through this before, and I will get through it again; no storm, even in nature, lasts forever”

RECRUIT – Family members into action (examples: get ice, turn off phone)

Pre-plan response by pain level

Pain level	Response
Example: Level 6 pain	Lie flat with ice pack to neck

REVISE – Include ways to improve the plan: carry plan with me, take extra medication in container, etc.