Honoring Your Limits: Care for a Flare Resources

August 2024

1. Northern Pain Centre: Flare Management

2. Oregon Pain Guidance: Flare-up Toolkit and Handout

3. NHS Inform: Coping with a Flare Up of Chronic Pain

4. Psychology Today: Tips to Avoid Pain Recovery Relapse

5. Psychology Today: Pacing: The Chronically Ill Person’s Best Friend

6. West Suffolk NHS, UK: Chronic Pain Self-management: Pacing and Goalsetting

7. US Veterans Affairs: Pain Flare Management Plan: Suggestions to Offer Patients

8. Integrated Pain Associates: 5 Ways to Love Yourself When You Live with Chronic Pain

9. Integrative Pain Science Institute: Seven Ways to Calm a Flare-up and Stop the Pain

10. Chronic-joy.org: 21 Ways to Cope with a Pain Flare