



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](#)