



## **Discussion Questions-Managing Flares**

1. What goals or aspects are you actively working towards to help better manage your flares?
2. How have you incorporated other healing modalities into your flare management? (ex: massage, therapy pool, blue light glasses, acupuncture, drumming, tapping, hypnosis, etc)
3. What app have you found most helpful in tracking flares or use as a distraction during a flare? (ex: Finch, Curable, Daylio, Bearable, etc)
4. What are the ways you have found to include your support system in your care during a flare?
5. Are there outside services that have made a difference in managing your flares and how did you learn about them? (ex: homehealth, meals on wheels, local library programs, etc)
6. What kind of schedule do you have or try to maintain during times of pain flare ups? (ex: pacing, resting, heat, ice, eat, hydrate, medication, self-compassion, etc)
7. How important is rest to you and what does rest look like for you? Rest can mean something different to everyone.
8. What coping strategies have you learned to help you reduce stress? (ex: quiet environment, low frequency music, ear plugs, reducing the amount of social media, etc)
9. With advancement in technology, is there a new device that has helped you at home navigate easier through a flare? (keeping our group rules in mind, just share the device, ex: alexa, echo, house lights on a timer from phone app, etc)

10. Who do you seek support from during a chronic pain or illness flare? (ex: loved ones, care team, support groups, pets, etc)
11. What have been the most effective tools while managing a flare? (ex: heating pad, ice packs, calling a friend, music, journaling, meditation, etc)
12. Are there gentle activities you still like to incorporate into your routine? (ex: light walk, gentle stretching, breathing exercises, muscle relaxation, taking short, frequent breaks, etc)
13. Have you explored dietary changes to help manage your pain and illness flares?
14. How has pacing helped you in a flare and what have you learned most about pacing yourself?
15. What are the ways that you have found to ask for help and accept help? This isn't always easy. Please share the ways you have found helpful.
16. When you're experiencing a flare, are there things in your routine you add? Are there things in your routine you stop or take away? (ex: increase water intake and decrease movement ..... increase rest and or decrease rest.)