

## **Resources-Managing Flares**

*The information provided is educational only. It is not meant to take the place of information given to you by your healthcare provider; you should always consult with your practitioner about your unique health situation. The U.S. Pain Foundation does not recommend or endorse any one therapy, treatment, or product.\**

- 1.) Guided Meditation- <https://youtu.be/JDpULX1MnPI>
- 2.) NHS Inform- [Coping with a flare up of chronic pain - NHS inform](#)
- 3.) Mayo Clinic Health System- [Tips for managing chronic pain](#)
- 4.) Veterans Affairs- [A Pain Flare Management Plan: Suggestions To Offer Patients](#)
- 5.) CO Pain Care- [Communicating with Friends and Family about Your ...](#)
- 6.) Psychology Today- [7 Ways to Survive a Flare When You're Chronically Ill](#)
- 7.) Resource for care/assistance- [www.care.com](http://www.care.com)
- 8.) Sensory Diet- [Does A Sensory Diet Help With Pain Management?](#)
- 9.) Integrative Pain Science Institute- [Does A Sensory Diet Help With Pain Management?](#)
- 10.) Worksheet- [Flare Up Management Worksheet](#)

*Breathe In: Calming my mind and body*

*Breathe Out: I smile*

*Breathe In: Sitting in this present moment*

*Breather Out: I know this is a healing moment*