

Chronic flare care kit

Take care of yourself during a flare-up and remember: This too shall pass.

- Hydrate _____
- Slow down _____
- Keep moving _____
- Avoid high stakes _____
- Apply heat _____
- Sleep _____
- Take something for it _____
- Support _____
- Comfort _____
- 'Allow pain' _____
- Tell someone _____