

My Flare Plan

Name:

Date:

D.O.B:

My Flare Triggers



My Warning Signs



What I Can Do



Need help filling out your plan?
Chat to our team or see some
suggestions on the following page



Flare plan suggestions

The following suggestions may be helpful to include in your personalised flare plan or brainstorm ideas

Mantras

Use positive affirmations to take control

e.g: *"I am sore, but I am safe"*

"As I breathe in, I notice the pain. As I breathe out, I release tension"

"I offer kindness and compassion to myself"

Rest

Avoid prolonged bed rest – focus on active rest

Reduce schedule/commitments where needed

Plan for rest breaks at work/school/events

Prioritise sleep at night and utilise sleep hygiene measures

Mindfulness

Try different forms of mindfulness

e.g: guided meditations, visualisations, mindful time in nature

Consider use of Apps (e.g: Calm, Headspace, Nerva)

Medications

Take prescribed medications proactively (e.g: anti-inflammatories)

Speak with GP/pharmacist to help with plan

Non-medication options

Heat – e.g: use heat pack or creams, take a long bath, hot shower

TENS machine (*chat to your pelvic health physiotherapist about how to best use*)

Acupressure

Pelvic floor

I recognise that stabbing/aching is often from my pelvic floor muscles tensing/in spasm

I can help relax the pelvic floor by:

- Positions of comfort and gentle stretching
- Deep belly breathing
- Body scanning and visualisations

Need help with this? See your pelvic health physio or the resources section on our website

Movement

I will aim to keep moving – ideally in nature to help calm my system

Gentle movement options e.g: Yoga, Tai Chi, walking

Reduce high intensity exercise during flare

Flare plan suggestions

Nutrition

Continue to fuel my body with food I can tolerate
Eat regular meals
Consider if modifications needed (e.g increase fibre)
Use supplements I find helpful (e.g: magnesium, peppermint, zinc, ginger)

Bladder

Maintain good hydration (aim 1.5-2L daily)
Focus on relaxing my pelvic floor and allowing urine to pass
Minimise bladder triggers (e.g: alcohol, smoking, caffeine)
Bladder first aid: drink 500ml water with 1 tsp bicarbonate or Ural sachet, then 250ml every 20 mins for a few hours

Bowel

Relaxed breathing on the toilet
Avoid straining/pushing
Use foot stool
Maintain good fluid intake

Nervous system regulation

Utilise tools/strategies to help calm down a heightened nervous system
Think about what brings me back to my 'window of tolerance'
E.g:

- grounding exercises
- breathing exercises
- singing/chanting
- spending time with loved ones
- spending time in nature
- listening to calming music

Support team

Reach out to my support people and ask for help
Communicate my needs during a flare to loved ones
e.g: 'I need to prioritise rest today'