



1. **FLARE-UPS HAPPEN** - Don't be surprised if you experience flare-ups. Coping with these is important in managing pain.
2. **MAINTAIN CONTROL** - Stay as active mentally and physically as you are able. Do not become a slave to your pain. Work through the discouragement.
3. **MAINTAIN HOPE** - This has happened before and you recovered. It will not last forever. Use a strategy that helped in the past.
4. **WHAT CAN BE DIFFERENT?** - Set your coping plan in motion. See if you can discover what caused the flare-up and modify that in the future.
5. **ASK QUESTIONS** - If symptoms are different from the past, or if you are concerned there is a new problem, contact one of your health care professionals. This can assure you that your concerns are being addressed appropriately.
6. **DO NOT WORRY** - It only makes things worse. You do not need to add this extra burden atop the flare-up.
7. **BE CAUTIOUS** - As a general rule, try everything with caution. Listen to your body's cues.
8. **CHANGE THE BALANCE** - Temporarily decrease by about one-half those activities that are a problem. Continue with the others. At the same time, double the amount of relaxation/coping techniques. This way, you are keeping the intensity of rehabilitation the same.
9. **DON'T PLAY CATCH-UP** - Following the flare-up, do not try to make up for lost time. GRADUALLY increase your activity to previous levels.
10. **AVOID PAIN TALK** - Focus instead on how you are feeling. Share frustrations, but also share thoughts and feelings about how you are coping.
11. **TAKE MEDICATIONS ONLY AS DIRECTED** - Avoid the temptation to overdo
12. **BOOST YOUR SPIRITS** - Involve yourself in some activity that is special to you. Find satisfaction in your effort.

Available at: ZenZoneDigital.net