

My Flare Journal

Date :

How an	n I fee	ling?
--------	---------	-------

Symptoms

Possible triggers?

Things to try..

- Relaxation/ Mindfullness
- Heat/Cool Pack
- Exercise/Movement
- Medications
- _____
- _____

How much did it help?

(Low to high)

- 0 1 2 3 4 5

Reflections..





Flare Action Plan

Self-care steps I find helpful:

If symptoms last more than days or worsen, I will contact:	
	Okay to Okay to Ask for help