

FLARE- UP SURVIVAL GUIDE

First, a gentle reminder:

Autoimmune diseases are highly unpredictable. There are many factors that cause flare-ups, and if you are dealing with one currently, you're not alone, and you're not failing. Think of this guide as a tool box to come back to when you need a little extra support.

Common triggers of flare-ups:

- stress
- dietary factors
- viral infections
- environment
- season changes

Reducing Stress:

We all encounter stress on a daily basis, but as it builds up over time, it can cause inflammation.

Some practical ways to reduce stress:

- meditation
- breath work
- movement
- mindfulness
- journaling
- gratitude
- stress- relieving activities



Cultivate Rest

During a flare, your body is working hard, and extra rest is necessary. Make time for restful activities and improve sleep hygiene:

- limit screen time (turn off 1 hr before bed)
- aim to go to bed and wake up around the same time each day
- get sunlight in the morning (regulates circadian rhythm)
- cultivate a relaxing night routine



Nutrition Recommendations

During a flare, focus on anti-inflammatory foods such as:

- fatty fish like salmon, tuna, mackerel, and sardines
- almonds and walnuts
- leafy greens
- tomatoes
- berries
- oranges
- pineapple
- olive oil

Try to consume more of these foods and less inflammatory foods such as those high in sugar. When consuming treats try to do so during the day when your body can utilize the glucose for energy!