JUSTaGIRLwithSpots

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MY FLARE ATTACK PLAN

A new flare always starts with the same panic. This is how I turn that panic into a list: one page, three parts, and a few small things I can do today.

WITH MY CARE TEAM

THE TREATMENT I HAVE CHOSEN WITH MY DOCTOR

WHAT I WANT TO ASK OR CHANGE

SKIN

GENTLE WASH I TRUST

MOISTURIZER I WILL USE DAILY

THE SPOT THAT BUGS ME MOST

WHAT I WILL DO ABOUT ITCHING

BODY

HOW I WILL MOVE

FOOD I AM LEANING ON

HOW MUCH WATER, AND HOW I WILL REMEMBER

REST I AM PROTECTING

MIND

WHAT HELPS ME UNWIND

WHO I WILL TELL

WHERE I WILL PUT THE WORRY

ONE THING THAT IS JUST FOR FUN

MY FIRST THREE MOVES THIS WEEK

- [ ]
- [ ]
- [ ]

The plan will change. Mine has changed with every flare, every pregnancy, and every treatment. The constants are always skin, body, and mind, on top of whatever I decide with my doctor.

I am not a doctor, and this is based on my own experience living with psoriasis and psoriatic arthritis. Talk with your health care provider about what is right for you.