






# The Flare-Up First Aid Kit

What to pack, prep, and keep close — for the days when everything hurts.

-  For chronic pain flare-ups
-  For nervous system overload
-  For peace of mind



# Why You Need a Flare-Up Kit

## Because when pain hits hard...

- 🧠 It's hard to think clearly
- 🏃 It's hard to move
- 💥 It's easy to panic or feel helpless

## A Flare-Up Kit gives you:

- ✅ A sense of control
- ✅ Instant comfort
- ✅ One less thing to figure out







*Think of it as your "emergency kindness box."*

💬 **Ask your Navigate Chronic Pain Support Companion:** "Talk to me like someone who understands pain. I need comfort right now."





# The Physical Comfort Essentials

- |   |  |   |  |
|---|--|---|--|
|    | <b>Heat pack or hot water bottle</b>     |    | <b>Cold compress (for inflammation)</b>          |
|  | <b>Pain relief (as prescribed)</b>       |  | <b>Compression gear, cozy socks</b>              |
|  | <b>Water bottle or electrolyte drink</b> |  | <b>Light snacks — low effort, easy to digest</b> |

💡 Keep it in a basket, drawer, or bedside caddy. You want zero effort.

# Sensory Soothers & Distractions



Noise-canceling headphones or soft playlist



Audiobooks or feel-good shows (downloaded offline!)



Essential oil roller or calming scent



Eye mask or light-dimming glasses



Your favourite "comfort scroll" apps



These tools help interrupt the brain's pain loop — even briefly.



**Ask your *Navigate Chronic Pain Support Companion*:** "Help me reset my mindset — this flare-up is exhausting."

# Emotional Backups (Because Flare-Ups Aren't Just Physical)

Encouraging notes to yourself (or from loved ones)



Affirmation cards or grounding phrases



Journal or pain tracking prompts



A list of "safe" people to text when you need support



**Pre-written messages like:**

"I'm flaring today. I don't need solutions, just support."



✨ Self-soothing starts with feeling *seen* — even by yourself.



# Bonus Item: Navigate AI, On Standby

1

**Don't forget your digital flare-up ally.**

Open the **Navigate Chronic Pain app** and ask:

2

💬 **"Help me calm my nervous system."**

3

💬 **"I'm in a lot of pain — give me something gentle to focus on."**

4

💬 **"Walk me through a breathing or grounding tool."**

5

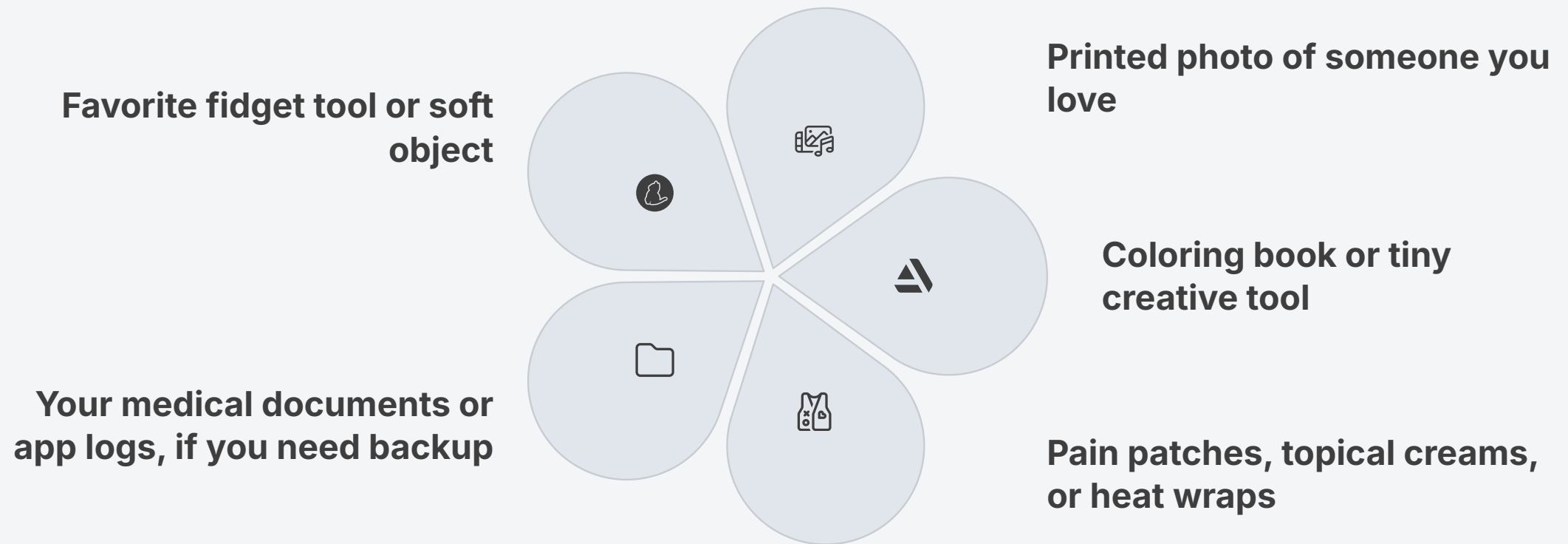
💬 **"Just talk to me — I need comfort."**

Navigate Chronic Pain is always ready.

Even when you don't have the words.

👉 Try it free at <https://navigatechronicpain.org>

# Make It Yours: Custom Kit Ideas



This kit is about *you*.

What comforts you? What grounds you? What helps you feel safe?

🗣️ *Ask your Navigate Chronic Pain Support Companion: "Help me reset my mindset — this flare-up is exhausting."*



## Share This With Someone in Pain



**Every chronic pain warrior deserves a Flare-Up First Aid Kit.**



**Send this to a friend, loved one, or support group.**



**Better yet: Help someone build theirs.**

Tag us when you do it → **#navigatechronicpain**

Let's normalise preparing for hard days — without shame.



# You're Allowed to Make Flare Days Easier

**You're not weak for needing help.**

Prep your kit now.

Keep it close.

And when pain hits... let kindness be the first thing you reach for.

**You've got this. And Navigate Chronic Pain has got your back.**

**You're not dramatic for needing comfort.**

**You're human — and you're living with something most people can't see.**