FLARE DAY TOOLKIT

PREVIEW

A digital product for people living with chronic illness

Created by Kale Vine | kalevine.com

YOU ARE PREVIEWING PAGES FROM THIS PRODUCT

The full interactive PDF includes all sections listed inside.
Every field is typeable. Print it or fill it digitally.

$10 CAD
kalevine.com/shop

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FLARE DAY TOOLKIT -- PREVIEW

You are looking at sample pages from the full product.

A flare is when your symptoms significantly worsen from your baseline. Most people with chronic illness have no plan for when this happens -- which means every flare is a crisis you are navigating from scratch. This toolkit changes that. You fill it in when you are well, so on the hard days you just open it and follow the plan. Below are real sample pages from the full toolkit.

EVERYTHING IN THE FULL VERSION

- v Understanding flares -- what they are and why they happen
- v My Early Warning Signs -- catch it before it peaks
- v My Flare Severity Scale -- 5 levels with your personal definitions
- v Emergency Comfort Plan -- open on day 1 and follow the steps
- v Gentle Flare Day Routine -- soft structure for hard days
- v What Helps and What Hurts -- your personal flare first aid list
- v Communicating During a Flare -- scripts for cancelling and explaining
- v Flare Event Log -- 4 complete logs per episode
- v Flare Recovery Tracker -- 14-day recovery log
- v Post-Flare Debrief -- learn from every episode

Sample pages from the full toolkit are on the following pages.

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SAMPLE PAGE: MY EMERGENCY COMFORT PLAN

Fill this in when you are well. Open it on day 1 of a flare and follow it.

This is the most important page in the toolkit. Pre-written plans remove the need to think or decide when your capacity is already depleted. Fill it in honestly and specifically -- vague plans do not help when you are in pain and your brain is not working. Be detailed.

STEP 1 -- WHAT TO STOP IMMEDIATELY

Everything I put on hold during a flare (work, plans, obligations, expectations)

STEP 2 -- PHYSICAL COMFORT

Heat or cold therapy: what I use, where, for how long

Position and rest setup: where I am most comfortable and what I need around me

STEP 3 -- MEDICATIONS AND SUPPLEMENTS ON A FLARE DAY

What I take on day 1 of a flare (list each medication, dose, and timing)

STEP 4 -- ENVIRONMENT

Lighting, sound, and temperature adjustments that help me most during a flare

Steps 5 and 6 in the full toolkit -- nutrition, rituals, more -- kalevine.com/shop

kalevine.com/shop

SAMPLE PAGE: GENTLE FLARE DAY ROUTINE

Structure reduces decision fatigue. You need that most on your worst days.

A flare day routine is not about productivity. It is about the minimum viable care that keeps your body supported and your nervous system calm. This is not the day to catch up on anything. This is the day to be as gentle with yourself as possible.

MORNING (SLOW START)

My gentle morning routine on a flare day (keep this to 3 to 5 steps only)

My one intention for today (just one small thing that would feel like enough)

MIDDAY (REST AND NOURISH)

What I aim to do midday -- rest type, food, any gentle movement if relevant

What I give myself permission to skip or cancel today

AFTERNOON (COMFORT FOCUS)

Low-stimulation comfort activities that feel manageable right now

EVENING (WIND DOWN)

My wind-down routine on a flare day -- what helps me settle and sleep

Post-flare debrief and recovery tracker in the full toolkit -- kalevine.com/shop
kalevine.com/shop

SAMPLE PAGE: COMMUNICATING DURING A FLARE

Pre-written scripts for when you have no words left.

When you are in a flare, finding words is hard. Explaining yourself feels impossible. These scripts are written in advance -- for days when you cannot produce them yourself. Adapt them to your voice before a flare, so they are ready when you need them.

CANCELLING PLANS

My go-to message for cancelling plans due to a flare (warm but honest)

A shorter version for when I have even less capacity

FOR PEOPLE WHO LIVE WITH ME OR PARTNERS

What I need them to know when I am flaring -- specific asks, not general

What NOT to say or do when I am flaring -- and a gentle way to explain it

FOR WORK OR SCHOOL

My message template for notifying work or school during a flare

Doctor communication scripts in the full toolkit -- kalevine.com/shop
kalevine.com/shop