

COSMIC SUN

Flare Recovery Checklist

A ready-made support plan for flare days, recovery choices, and after-flare reflection.

[Flare day checklist](#)

Gentle support for pacing, reflection, recovery, and self-trust.

A Gentle Flare Plan

A flare can make even simple decisions feel heavy. This checklist gives you a ready-made path for reducing demands, caring for symptoms, and asking for help early.

- Lower the bar quickly.
- Cancel or postpone non-essential tasks.
- Use comfort tools before symptoms peak.
- Contact a clinician for new, severe, or concerning symptoms.

First Response Checklist

Step	Done / notes
Hydrate and eat something simple	
Take prescribed medication as directed	
Reduce light, sound, and screen input	
Use heat, cold, compression, or positioning	
Tell one safe person what is happening	
Move obligations off today if possible	

Comfort Menu

Foods or drinks that are easiest during a flare

Positions, pillows, or supports that help

Words I need to hear from myself

After the Flare

What helped?

What made it harder?

What can I prepare before the next flare?

Flare Day Plan - Page 1

Use this when symptoms rise and decisions feel heavy.

Immediate support steps

Obligations to postpone

Comfort tools

Who I can contact

Flare Day Plan - Page 2

Use this when symptoms rise and decisions feel heavy.

Immediate support steps

Obligations to postpone

Comfort tools

Who I can contact

Flare Day Plan - Page 3

Use this when symptoms rise and decisions feel heavy.

Immediate support steps

Obligations to postpone

Comfort tools

Who I can contact

Flare Day Plan - Page 4

Use this when symptoms rise and decisions feel heavy.

Immediate support steps

Obligations to postpone

Comfort tools

Who I can contact

Flare Day Plan - Page 5

Use this when symptoms rise and decisions feel heavy.

Immediate support steps

Obligations to postpone

Comfort tools

Who I can contact

Flare Day Plan - Page 6

Use this when symptoms rise and decisions feel heavy.

Immediate support steps

Obligations to postpone

Comfort tools

Who I can contact

Flare Day Plan - Page 7

Use this when symptoms rise and decisions feel heavy.

Immediate support steps

Obligations to postpone

Comfort tools

Who I can contact

After-Flare Reflection - Page 1

Review only when you have capacity. This is for learning, not blame.

What helped

What made it harder

Preparation for next time

After-Flare Reflection - Page 2

Review only when you have capacity. This is for learning, not blame.

What helped

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After-Flare Reflection - Page 3

Review only when you have capacity. This is for learning, not blame.

What helped

What made it harder

Preparation for next time

Book a Coaching Session

You do not need to have everything organized before reaching out. A discovery call is a quiet place to name what is hard, what you want support with, and whether coaching feels like a good next step.

- One-on-one fibromyalgia coaching
- Support with pacing, routines, flare planning, and self-advocacy
- Gentle accountability that respects your energy limits

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Medical Disclaimer

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