



The chronic illness Flare Survival Kit

Shopping List

Stuff to keep warm and comfortable

- A soft and warm blanket
- Pillows
- Thermal socks
- Slippers
- Pyjamas
- Stretchy leggings
- Bedroom fan
- Bedroom heater

Entertainment and Gadgets

- Netflix subscription or Apple TV
- Multifunctional laptop table
- Noise cancelling headphones
- Extended phone charger
- Multi adaptor
- Puzzle books
- Colouring books
- Journal
- Lifestyle books (such as books on health, fitness, food or travel)

Hobbies

- Knitting or crocheting items
- Beading tools
- Sketching paper and pens

Food and Snacks

- A slow cooker (or instant pot)
- Healthy freezer meals
- Snacks (easy things to keep by your bedside table like nuts, pretzels and dried fruit)
- Refreshments (vitamin water, fruit juice, kombucha, coconut water, tea, etc.)

Over-the-counter medication

- An immune booster;
- Electrolyte tabs;
- Cortisone cream;
- Antibiotic cream;
- Paracetamol and/or ibuprofen;
- Joint and muscle rub (such as CBD cream);
- Antiseptic cream;
- Probiotics;
- Supplements that aid digestion; and
- A blood pressure monitor.

Tools to help with brain fog

- Post-it notes
- Task-book

Cleaning

- Hand sanitizer
- Baby wipes
- Tissues
- A small bin

Self-care products

- Natural body lotion
- Lip balm
- Water spray
- Dry shampoo
- Deodorant
- Antiseptic face and body wipes
- Nail or cuticle oil
- Hairbrush
- Epsom salts



How to Cope with a Chronic Illness Flare

1.
Don't fight the flare

Let your body rest.

2.
It's okay to ask for help

Sacrifice a little independence so your body can
heal.

3.
Don't blame yourself

This flare is not your fault

4.
Postpone non-essential
activities

This is not a time to feel guilty.

5.
Lower your
environmental stress

Pamper yourself activities like long baths,
reading, or cuddling in bed.

