



**PERMANENTE MEDICINE**®  
The Permanente Medical Group

**LESSON 8**

# Relapse Prevention

**SANTA ROSA MEDICAL CENTER**

 **KAISER PERMANENTE**®

# Taking care of yourself

Healthy eating

Relaxation

Sleep

Healthy thinking

Meditation

Mindfulness

Pleasant activities

Exercise

# | What Is a Pain Flare-Up?

A flare-up refers to a period of more intense pain that is felt more severely during day-to-day chronic pain. A pain flare is by definition not a new pain — it is part of a chronic condition.

Coping with flare-ups is a skill worth developing.

During a pain flare you should try to reduce your activity by about 50%.

# Ways to Find Yourself during a Pain Flare-Up

Reduce your activity by about 50%.

Learn from this flare. Set yourself up for success in the future

Use distraction techniques

Eat healthy foods

Repeat positive mantras

Practice relaxation techniques

# | My Flare-Up Management Plan

1. I will remember to breathe and use relaxation or meditation strategies:

2. I will use these strategies to cope with unhelpful thoughts:

3. I will use tools/devices that may help (example- ice, heating pad, massage tool):

4. I will continue these gentle exercises/stretchers:

5. I will use strategies that will help me to continue and/or resume activities (example- pacing):

6. I will remember to utilize my support system:

# Resources

[kpdoc.org/podcasts](https://kpdoc.org/podcasts)

- Insomnia
- Relaxation
- Many other topics!!



Loving Kindness  
Meditation audio (by  
Mindful)

Go to [kp.org/selfcareapps](https://kp.org/selfcareapps)

- Calm app (free for KP members)
- MyStrength program

# Wellness Coaching

Get help from a Wellness Coach for any of these topics:

- Insomnia
- Stress Reduction
- Exercise
- Smoking Cessation
- Nutrition (Weight Management)

A convenient telephone service:

- English- and Spanish-speaking Coaches available

The screenshot displays the 'My Doctor Online' website for The Permanente Medical Group. The page features a navigation bar with 'Our Doctors', 'Health Topics', and 'Salud en español' options, along with a search bar and a 'Sign On' button. A sidebar on the left provides links for staying connected with doctors, managing care, viewing information, and preventive health reminders. The main content area is titled 'MAKE THE CALL FOR HEALTH Wellness Coaching' and includes a large image of a man on a phone. Below this, several sections address common questions: 'How do I get started?' (with a 'Schedule a wellness coaching appointment online' button), 'Is wellness coaching right for me?', 'What can I expect during my first coaching session?' (with a 'Your First Wellness Coaching Appointment' button), 'Who are our wellness coaches?' (with a 'Wellness Coaching Center Staff' button), and 'Does wellness coaching work?' (with a 'Wellness Coaching Studies and Success Stories' button). At the bottom, there are language selection buttons for 'ENG' and 'ESP', and a 'Asesoramiento de bienestar' button.

# Maintain the Gains

You can find some mindfulness resources in your local Kaiser Permanente Health Education Center





