

Next Day(s) Bounce Back Plan

1. Don't make up for lost time

Resist the urge to push past your current limits. Overdoing it after a flare can prolong recovery. Focus on listening to your body's current capacity.

2. Return gradually, stop before pain

Ease back into activities slowly. Learn to recognize the early signs of increasing pain and stop before it escalates. This teaches your body that movement is safe.

3. Celebrate small wins

Acknowledge every small step forward. Whether it's managing a short walk or completing a gentle stretch, these "wins" reinforce positive neural pathways.

4. Protect sleep tonight

Prioritize restorative sleep. A calm and consistent sleep routine helps regulate your nervous system and is crucial for pain management and overall well-being.

5. Seek out experiences of safety

Actively seek out moments and activities that bring a sense of safety and calm. This could be quiet breathing, a comforting touch, or a peaceful environment.

6. Fuel your body and brain with good food

Eat consistently, consume good food and with lots of colour. Food is an important part of the bounce back equation, powering your systems with good food energy.