

What's In Your Self-Care Toolbox?

| Type | Tool | Pain | Instability | Function | Sleep | POTS Sx | Fatigue | MCAS | Inflammation |
|--------------------------|---|------|-------------|----------|-------|---------|---------|------|--------------|
| Physical | <input type="checkbox"/> Heat, hot pack, rice bag (aching pain) | X | | | | | | | |
| | <input type="checkbox"/> Ice (severe pain, spasm, inflammation, swelling) | X | | | | X | | x | X |
| | <input type="checkbox"/> TENS: conventional or acupuncture-like | X | | X | | | | | |
| | <input type="checkbox"/> Topicals: menthol, NSAID, CBD, etc. | X | | | | | | | X |
| | <input type="checkbox"/> Trigger point release/pressure/rolling | X | | | | | | | |
| | <input type="checkbox"/> | | | | | | | | |
| Devices | <input type="checkbox"/> Supports, splints, braces, taping, etc. | X | X | X | | | | | |
| | <input type="checkbox"/> Pacing, modifying the environment | x | x | X | | | x | | |
| | <input type="checkbox"/> Assistive devices for function or mobility | X | X | X | | | X | | |
| | <input type="checkbox"/> | | | | | | | | |
| Neural Calming | <input type="checkbox"/> Slow, diaphragmatic breathing | X | | | X | X | X | | |
| | <input type="checkbox"/> Meditation, mindfulness | X | | | X | | | x | x |
| | <input type="checkbox"/> Prayer, chanting, humming | X | | | X | | | x | x |
| | <input type="checkbox"/> Gratitude, journaling, affirmations | X | | | X | | | x | x |
| | <input type="checkbox"/> Tapping (“EFT”), earthing/grounding, etc. | x | | | x | | ? | ? | |
| | <input type="checkbox"/> Vagus nerve activation (manual, e-stim) | X | | | X | X | X | X | X |
| | <input type="checkbox"/> Nature, awe, art, beauty | x | | | x | | | | |
| | <input type="checkbox"/> Avoid unhelpful/negative thinking | X | | x | X | | x | | |
| <input type="checkbox"/> | | | | | | | | | |
| Wellness | <input type="checkbox"/> Diet: things to avoid | X | | | x | X | x | X | X |
| | <input type="checkbox"/> Diet: supplements | X | | | x | | x | X | X |
| | <input type="checkbox"/> Sleep hygiene & positioning | | | | X | | X | | |
| | <input type="checkbox"/> Sunshine, red light (avoiding blue light) | x | | | | | X | | |
| | <input type="checkbox"/> | | | | | | | | |
| Exercise | <input type="checkbox"/> Exercise: focus on relaxation, breathing | X | | | X | X | X | X | x |
| | <input type="checkbox"/> Exercise: correct posture & alignment | X | X | X | | | x | | |
| | <input type="checkbox"/> Exercise: strengthen and stabilize | X | X | X | | | X | | |
| | <input type="checkbox"/> Exercise: aerobic (incl: supine, sitting) | X | x | X | X | X | X | x | x |
| | <input type="checkbox"/> | | | | | | | | |
| POTS | <input type="checkbox"/> Hydration/electrolytes | | | X | | X | X | | |
| | <input type="checkbox"/> Lying down with feet elevated | | | | | X | X | | |
| | <input type="checkbox"/> Compression clothing | x | x | x | | X | x | | |
| | <input type="checkbox"/> | | | | | | | | |
| Meds | <input type="checkbox"/> Meds: NSAIDs | X | | | | | | | X |
| | <input type="checkbox"/> Meds: CBD | X | | | X | | | x | x |
| | <input type="checkbox"/> Meds: antihistamines | x | | | | x | | X | X |
| | <input type="checkbox"/> Meds: Other | | | | | | | | |
| other | <input type="checkbox"/> | | | | | | | | |

My Best Self-Care Tools

(examples in italics)

To Manage **Tool**

Details

Physical

e.g.: Headaches *Ice* *Ice pack around the neck*

Supports, braces, splints, taping, compression

Low back pain *Sacroiliac belt* *Wear my SI belt, especially when walking.*

Mind-Body

Fatigue, anxiety *Slow breathing* *3 seconds inhale, 6 seconds exhale, 5 min. Calm app.*

Nurturing Spirit

Depression *Gratitude* *name 3 things I am grateful for each day, every night, before bed.*

Exercise

Knee pain *Thigh stretch* *one knee on chair with foot up, tuck tailbone down to stabilize back.*

Lifestyle

fatigue, brainfog *Fluid 'bolus'* *Drink 1 pint of water (no electrolytes) in 5 minutes.*

Medications

Overall flares *Benadryl* *Take 1 dye-free Benadryl at night to manage MCAS flares.*
