

Master Packing List in the Event of Exacerbations  
(i.e.-what to do when health goes bad)

Prioritize and focus on the vital	Food, shelter, bills, medicine, rest
Pray without ceasing, walk close to Him	Trust, Abide in Him
Anxiety: at night or morning #1, prayer, breathing	Art, evening visitors, writing, music, night-light, recognize it will improve, journal next to bed, heart beat music or EMDR, use W/C or walker to avoid falls
Sleep Disturbance – address causes	Remember to adjust spasticity meds, Consider bladder, etc, and pain mgmt
Vision problems	Figure out alternate transportation
Support Network	Touch base with a few key people so they are aware, and I feel reassured
Hire help, pray for wisdom	Inside/outside help, especially first few weeks while you re-group.
Get equipment out and readily available	W/C, Shower Stool, etc, keep things Charged up and ready to use. Also cool vest, fans, etc. Turn on A/C!
Manage Fatigue and Pain, etc	Listen to your body
Remember it will ebb and flow, so expect this rotten health to improve at some point	Trust Him, yield all to Him...ABIDE
Finances: You have more trouble tracking and feel nervous about decisions, bill paying, budgeting, & medical costs rise.	Get some cash for envelopes and budget that way for awhile. Do it right away Get assist with bill paying if needed, and budget.
Do things that help you feel grounded. A sense of well-being is key to health.	Have someone over to help you cook and eat together, watercolor, watch a sunrise or sunset. <i>Joy in the midst of...</i>
Give yourself something simple to look forward to.	
Do things that give you joy	Make cards, watercolor, volunteer, take Teddy to the park
See a counselor if helpful, don't overtax close friends if you really need help coping	Also, consider seeing MHNP if anxiety is problematic
Get essentials covered for energy conservation and quality of life and self-care	Example, hire help with the lawn, get a caregiver quickly, someone to mop, etc, do laundry with a friend
Fear not, for He is with me, abide in the Vine, things will turn out fine ultimately	Here or in the air!

