



Rescue Kit

Write down what you need to help you through the next spike. Keep it together in a basket, bag, or someplace easy to find when your next spike hits.

Rescue Meds: ONLY put in one full dose so it's easy to remember what you've taken it and how much.

- Examples: Two triptans and the Aleve, Tylenol, salt tablets or other meds you take with it.
- Suggestions:
 - If you're really foggy when you're in pain, put your meds in a pill box so you take the right pills together. For example, put the right number of Aleve with each tripan.
 - There's nothing wrong with a reminder note saying how they should be taken! You might also want to put in paper and pen to jot down WHEN you took them. Or set a phone reminder to say when the next one is due. Having a journal in there can give you a good record over time.

Things I need: What are you reaching for when the pain hits?

- Examples: TENS unit, bottle of water, magnesium oil, salt tablets, Muse headset.
- Suggestion: You can't keep an ice pack in the basket, but you can keep a note reminding you that you've got them in your freezer.



Things that help: Make a list of things that relieve the pain, distract you, or help you get through.

- Examples: Epsom salt baths, binaural sound, biofeedback, Netflix favorites, chamomile tea, short walks, brushing the dog, essential oils, playing with Legos.
- Suggestion: Sometimes it can help to talk to a friend. List folks you can reach out to or who have offered to be there for you or help when things get bad.