



5-STEPS TO CALM CHRONIC ILLNESS FLAREUPS

*Helping you regain
your freedom*

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Helping you to calm flareups quickly and effectively.

Living with a chronic illness means navigating a path filled with challenges, uncertainties, and occasional flare-ups that can disrupt your daily life.

While medical treatments focus on managing symptoms, complementary mind-body techniques offer a powerful way to create the optimal environment for healing within and influence your health journey positively.

This guide introduces five actionable techniques designed to help you calm flare-ups through emotional release and mind-body practices. Each technique is a tool for empowerment, giving you a sense of control over your wellbeing.

1

Deep Breathing & Visualization

Why It Helps

Deep breathing signals your body to relax, reducing stress-induced flare-ups.

Visualization enhances this by engaging your mind in positive healing imagery.

How to Do It

- Sit or lie in a quiet, comfortable space. Close your eyes to minimize distractions.
- Breathe deeply through your nose, allowing your abdomen to rise, holding your breath for a count of four.
- Exhale slowly through your mouth, letting your abdomen fall, counting to eight. This slower exhalation promotes relaxation.
- As you breathe, imagine a gentle wave of relaxation washing over your body, starting at your head and moving down to your toes. Picture each breath as a soothing color or light, dissolving tension and pain.
- Continue for 10 minutes, gradually deepening your state of relaxation with each breath.

2

Progressive Muscle Relaxation

Why It Helps

PMR decreases physical tension and stress, mitigating the intensity of flare-ups.

How to Do It

- Begin in a comfortable seated or lying position, taking a few deep breaths to center yourself.
- Tense the muscles in your feet as much as possible for 5 seconds, then release, noticing the sensation of relaxation. Pause for 20 seconds before moving to the next muscle group.
- Progressively work through your body—calves, thighs, buttocks, abdomen, chest, hands, arms, shoulders, neck, and face—applying the same tense-and-release technique.
- With each muscle group, visualize the tension melting away, leaving your body relaxed and comfortable.
- Complete the cycle by taking a few deep breaths, enjoying the feeling of calmness throughout your body.



Emotional Freedom Technique

Why It Helps

EFT, or tapping, combines psychological acupressure points with affirmations to reduce emotional and physical pain.

How to Do It

- Identify a specific issue or symptom you want to address and rate its intensity on a scale from 1 to 10.
- Start by tapping the side of your hand (karate chop point) with four fingers of the other hand, and say your setup statement three times: "Even though I have this [issue/symptom], I deeply and completely accept myself."
- Tap lightly but firmly 7-10 times on each of the following points in sequence: eyebrow, side of the eye, under the eye, under the nose, chin, collarbone, under the arm, and top of the head. While tapping each point, repeat a reminder phrase related to your issue, such as "This [issue/symptom] makes me feel..."
- Repeat the process until the intensity decreases significantly.

4

Guided Imagery

Why It Helps

Engaging your senses in a detailed imaginary environment can significantly reduce perceptions of pain and stress.

How to Do It

- Find a quiet place where you can relax without interruption. Use headphones if you have them available.
- Choose a guided imagery recording that appeals to you. There are many free resources available online tailored to various needs, including pain reduction, relaxation, and healing.
- Close your eyes and listen to the recording, fully immersing yourself in the narrative. Engage all your senses to deepen the experience—smell the scents, feel the textures, see the colors, hear the sounds.
- Allow yourself to drift into the imagery, letting it lead you to a place of peace and comfort. Stay here as long as you need.

5

Journaling for Emotional Release

Why It Helps

Writing provides an outlet for expressing and processing emotions, reducing the stress that can exacerbate chronic conditions.

How to Do It

- Dedicate a notebook or digital document to your journaling practice.
- Write freely about your thoughts, feelings, and experiences related to your chronic illness. Don't worry about grammar or structure; focus on honest expression.
- Include both challenges and victories, acknowledging your struggles and celebrating your successes.
- To deepen emotional release, try prompt-based writing, such as "Today, I feel..." or "I wish I could..."
- Regularly set aside time for this practice, whether daily or weekly, to maintain emotional balance.

Hey! I'm Tecla

I am a chronic illness mindset coach, empowering individuals to reclaim hope and control over their healing journey.

With personalized guidance and transformative practices, I facilitate deep self-discovery, helping clients uncover the root causes of their illness and reconnect with their innate healing capacity. My holistic approach combines evidence-based strategies, emphasizing the mind-body connection to foster resilience and well-being. With compassion and dedication, I guide clients towards profound transformation, empowering them to transcend limitations and manifest vitality and joy in their lives.

NEED MORE SUPPORT?

Reach out for:

- 1-on-1 Chronic Illness Mindset Coaching
- Access to a 8-week guided program to FIND FREEDOM from chronic illness

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