

Self-help series fact sheet 13

Managing events

Pacing is a challenge during normal times, but can be especially difficult for non-routine periods, also known as special events. For those with mild or moderate symptoms, special events might include vacations, the end of year holiday period, or a birth or death in the family. For those with severe symptoms, just taking a shower or leaving the house for a doctor's appointment can be a special event. The bottom line: everyone has special events. The two things to remember about them are:

- a) they often trigger flares or crashes, and
- b) they can be managed using a combination of strategies. These include:
 1. **Take extra rest:** Take more rest than usual before, during and after the event.
 2. **Plan in detail:** Plan the event in great detail, consider writing it down.
 3. **Discuss your plans with others:** After making your plans, discuss them with others to gain their understanding and cooperation.

Some tips to consider include:

1. Double your rest time to several days or a week prior to the event.
2. If possible find out the schedule for the event for example if you are going to a wedding see if there is time between the ceremony and reception when you can have a rest (even if it's in the car). If it's being held in a hotel consider booking a room for the day.
3. If you need to rest in the car consider listening to something calming and eye masks.
4. Plan each day in detail, making sure that you have rest breaks in a quiet (and if possible darkened) room.



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Information given in this fact sheet is intended as a guide only and some advice may not be relevant to your particular circumstance. These are only suggestions and your undertaking of these should be done at your own physical level or ability.

5. Watch what you eat and drink remembering that any food sensitivities will be heightened when you are over active.
6. If you are having a meal with friends, tell them upfront that you will only be able to stay for an hour and then leave. It's sometimes hard to leave events when you are feeling okay but remember that you may pay for it tomorrow.
7. Focus on what you can do rather than what you are missing out on.
8. Make sure you have some rest time after the event.

During this series of fact sheets there will be a number of these tips and tricks but if you would like further information on a particular subject please feel free to contact us by emailing info@arthritisact.org.au and we will send you further information and a list of support activities.