

## Self-help series fact sheet 15

### 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. 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.



*This fact sheet is supported by funding from the ACT PHN through the Australian Government's PHN Program.*

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2. If you need to rest in the car consider listening to something calming and eye masks.
3. Plan each day in detail, making sure that you have rest breaks in a quiet (and if possible darkened) room.
4. Watch what you eat and drink remembering that any food sensitivities will be heightened when you are over active.
5. 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.
6. Focus on what you can do rather than what you are missing out on.
7. Make sure you have some rest time after the event.

If you need further information or support please have a look at our website at [www.EmergeACT.org.au](http://www.EmergeACT.org.au) or the long COVID playlist on our YouTube channel at [www.youtube.com/@arthritisact3717](https://www.youtube.com/@arthritisact3717)