

My restful activities

Open this in your usual PDF reader, click on the boxes to add your text, then save a copy!

Why should I use this sheet?

Stress causes our body to release hormones, such as cortisol. Stress hormones can cause muscle tension, create inflammation, and make us more sensitive to pain. Taking time to rest and relax can reduce stress and the physical impact it has.

Everyone can benefit from taking time to relax, but it's especially important for people who live with inflammatory conditions, such as axial SpA.

You can use this sheet alongside your flare toolkit.

When should I look at this sheet?

This sheet will remind you of different activities you enjoy that help you relax.

Look at this sheet:

- When you're experiencing a flare of pain or fatigue
- If you're experiencing low mood
- Regularly to check whether you have taken time for yourself recently



Axial SpA
works silently.
We don't.

What activities do I find relaxing?

E.g. gardening, cooking/baking, walking, swimming, being in nature...

What restful activities do I find relaxing?

E.g. reading, crafts, writing, speaking to friends, time with pets...

These are useful when you're experiencing fatigue.