



June 2022 | Vol. 7

FIGHTING FLAMES

The Official Newsletter of Fight the Flame

EXCITING NEWS!!!



Do you want to help decide
what speakers to invite?

Contact Beth at: Beth@FightTheFlame to join
the conference committee. Remember many
hands make light work.

NEWSLETTER HIGHLIGHTS

CRPS Convention

Self-care and Coping

Tips for the Summer

Important Dates

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Self-care and Coping with Chronic Pain

The May Fight the Flame CRPS Support Group meeting was about Self-Care and Coping. We were fortunate to have Caylee King and Shannon Berger from BK Counseling as our guest speakers (www.BKCounselingservices.com).

Chronic pain disorders activate many things in our bodies/nervous systems; increase anxiety, create depression, limit what our body can do, interrupts sleep, and can make us feel that we have to defend our illness to others.

They spoke to us about understanding holistic mind, body, spirit health and wellness, developing awareness of our bodies, and applying needed coping techniques.

Caylee and Shannon explained that self-care and coping skills are somewhat different. Self-care is preventative and ongoing. They are acts that we do to take care of ourselves.

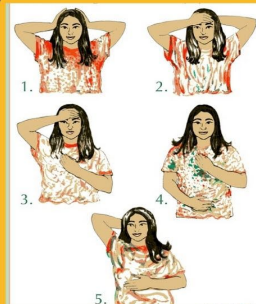
Coping skills help with immediate issues. They are intervention skills, helping us to tolerate the stressful situations that arise in our life.

Self-care activities include taking care of our physical needs, looking out for our security and safety, keeping up with social networks, practicing

mindfulness and such.

Some coping skills that can help us deal with the stressful situations in our life are: soothing the senses, depersonalizing your pain ("we are not our pain, we have pain"), the grey "knowing more than one thing can be true", hitting your pause button, do gentle movements, practice breath work, and giving yourself gestures of kindness.

Before ending the meeting, we were shown how to help ourselves with stress and anxiety, using exercises associated with resetting the vagus nerve.



If you are looking for a treating counselor, please visit:
<https://www.psychologytoday.com/us>
or <https://www.goodtherapy.org/>

If you would like to view this entire session or any other past meetings, please email Beth at Beth@FightTheFlame.org to get the private link.

Managing your CRPS and Enjoying the Summer

Many of us are excited that the cold, wet, windy weather months are behind us.

It is now time for us get out and enjoy the sunshine. However, please remember, Summer heat can bring a whole bunch of new issues when dealing with chronic pain. The days of summer can vary, some extremely dry and others almost impossibly humid.

Things to keep in mind to have a safe, low pain summer are:

- STAY HYDRATED!
- Eat a healthy diet, incorporate lots of seasonal vegetables and fruit.
- If you are going to be working in the sun, be sure to go out during the cooler hours of the day (early morning or early evening)
- Take breaks from the sun. Relax in the shade, go back into air conditioning for a while. If the humidity and heat cause you pain flares, be sure to stay indoors as much as possible.
- Always wear light-weight, light color clothing
- Allow time for yourself to rest
- Avoid food/drinks that contain caffeine, sugar and alcohol because these may increase inflammatory pain and increase dehydration
- Go for a swim. Aquatic therapy helps joint and chronic pain and you can cool off as well!



Be smart about the choices you choose so that you can truly enjoy your summer

Time To Register for the 9th annual Fight The Flame 5k and 1k Family Roll & Stroll

<https://runsignup.com/Race/NC/Charlotte/FightTheFlame>

Save
the
Date

September 25, 2022

9th Annual Fight The Flame 5k
and 1k Family Roll & Stroll



REGISTER NOW:

SCAN ME



OUR 2022 FIGHT THE FLAME
5K AND 1K FAMILY ROLL &
STROLL

(so far...)

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Gold Sponsors



Silver Sponsors

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Hendrick Honda

Bronze Sponsors

Piedmont Physical Medicine & Rehabilitation

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Dennis Coffey Real Estate

WOULD YOU LIKE TO BECOME PART OF THE
FIGHT THE FAMILY?

Sponsorship still available

Email Beth@FightTheFlame.org for more info

FIGHT THE FLAME.
SUPPORT GROUP MEETINGS & MEETINGS OF FRIENDS

**Upcoming 2022 FTF
Support Group Meetings**
Meetings are from 1-3 pm

July 9 Establishing a Wellness Plan
Guest Speaker: Gwen Herman, LCSW, SCSSW

August 13 TBA

September 10 CRPS and Eye Complications
Dr. Kurt Heltman, M.D.

All meetings will be via Zoom.
If interested in attending a meeting, please email
Beth@FightTheFlame.org to RSVP

**Save
the
Date**

September 25, 2022

**9th Annual Fight The Flame 5k
and 1k Family Roll & Stroll**

SCAN ME



Would you like to contribute
to our newsletter?
- a story, article, puzzle?
email: Beth@FightTheFlame.org

**WE ARE LOOKING FOR SOME
WONDERFUL PEOPLE**
CAN YOU SPARE 30 MINUTES TO HELP FTF?

All work can be
done right from
your family room.
Only a computer is
needed.

• Super-easy to
• No hard dead
• Tasks can be
completed at y
leisure.

Wishing you a low pain day!

CONNECT WITH US:



Fight The Flame Support
www.FightTheFlame.org



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