

Fighting Fibromyalgia Checklist

- Read: From Fatigued to Fantastic (2020)
- Read: The FibroManual (2016)
- Start taking notes, tracking your journey
- Research: Low Dose Naltrexone
- Work on sleep and sleep hygiene
- Test deficiencies, start supplements
- Test intolerances, eat healthily
- Pacing - learn and do
- Learn about the central nervous system
- Try Yoga Nidra each day for seven days
- Sign up for the Five Minutes a Day for Five Days Free Challenge
- Sign up for the 7 day trial of Yoga for Chronic Life virtual yoga studio
- Make plans for flares