

My POTS Toolkit

A recipe card for what actually helps your body. Fill it in, print it, keep it close.

There is no right answer here. This is your own gathered wisdom about what helps you stand, steady, and recover. Run salt and fluid changes by your doctor first.

The compression that helps me most (binder, leggings, layers...)

My salt + fluid plan (what my doctor and I landed on)

My legs-up reset (where, how long, when I reach for it)

My earliest warning signs that a crash is coming

When I feel it starting, the first things I do

GENTLE REMINDER

Your deep core (the corset from Module 4) is internal abdominal compression. Practicing it is POTS care too.

My Gentle Weekly Tracker

Not a scorecard. Just noticing, on the days you have the spoons for it.

	Water	Salt	Compression	Legs-up	A word about today
Mon					
Tue					
Wed					
Thu					
Fri					
Sat					
Sun					

WHAT TO WATCH FOR, KINDLY

Over time, you may notice the same task costs you less. Same gardening, less fallout. That is your system getting steadier. Progress here is measured in recovery, never in pushing harder.