



BREATHE IN *BREATHE OUT*

The Emotional Impact
of Asthma



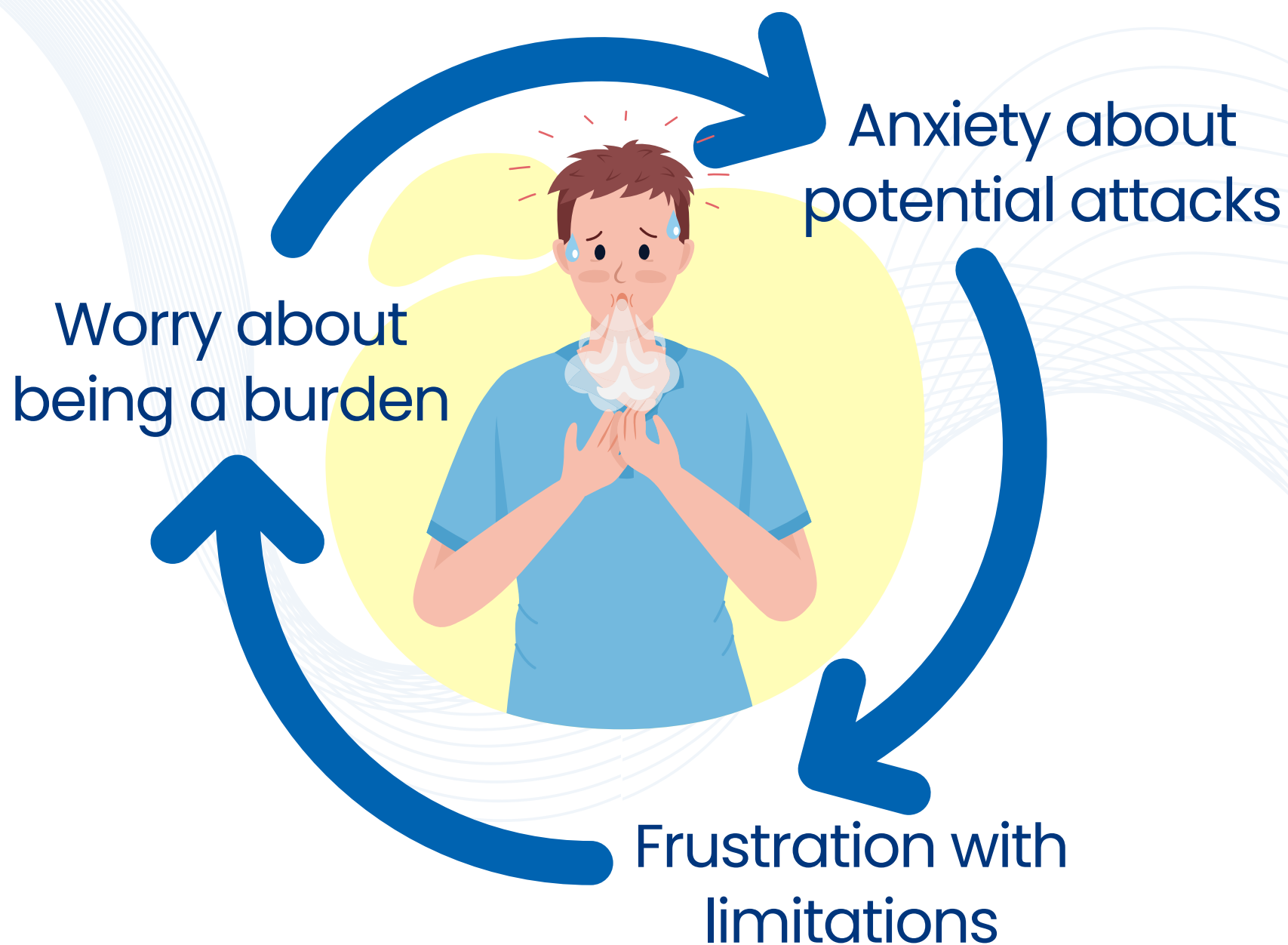
#AskAboutAsthma Week 2024

ASTHMA ISN'T JUST PHYSICAL *IT'S EMOTIONAL TOO*

- Anxiety about potential attacks
- Frustration with limitations
- Worry about being a burden
- Isolation from avoiding triggers



THE VICIOUS CYCLE OF *ANXIETY AND ASTHMA*



BREAKING *THE SILENCE*

- **1 in 3 people** with asthma experience anxiety or depression
- Many don't seek help due to stigma
- Mental health is crucial for asthma management



EFFECTIVE COPING STRATEGIES

- Practise mindfulness and relaxation techniques
- Join support groups (online or in-person)
- Communicate openly with friends and family
- Consider talking to a mental health professional



SUPPORTING A LOVED ONE WITH ASTHMA

- Listen without judgment
- Offer to accompany them to appointments
- Learn about their asthma action plan
- Encourage them to prioritise mental health





IT'S OKAY *NOT TO BE OKAY*

Seeking help is a sign of strength,
not weakness!



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