

Asthma Factsheet 2

Updated on 16 April 2020

Supporting the mental health of people with asthma

As we approach the peak of the pandemic, people with respiratory conditions such as asthma may start to get anxious and stressed and these behaviors can trigger an asthma attack. As outlined by the mental health foundation the following tips can be provided: ¹

- Encourage people to avoid rumors and use reputable sources such as government websites. It is particularly important to remind people to avoid any rumors which focus on strategies to avoid getting COVID-19. COVID-19 can affect anyone irrespective of age, gender, sex or ethnicity.
- Encourage people to try and stay connected with family and friends via phone or virtually.
- Try to avoid making assumptions about who is responsible for the outbreak and forming predictions on the future.
- Try to find a balance with following media coverage.

Signpost people with respiratory conditions to the Mental Health Foundation to find out more information [here](#).

Alternatively, you can also signpost people to Breathing Freely which support with breathing techniques for breathing pattern disorder and manage stress [here](#)².

References:

¹ Mental Health Foundation (2020): <https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>

² Breathing freely (Anon): https://www.lifeguidehealth.org/player/play/breathe_land_v1