

## SELF HELP

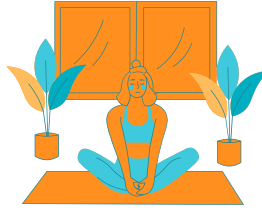
Be proactive! Explore available resources: Utilise books, podcasts, apps (e.g. Headspace, Calm), support groups and therapists for support and information.



## MINDFULNESS

Practice self care in spare moments to shift your focus away from anxiety.

**Use sensory focus:** notice what you hear, see, feel and smell. Take deep breaths.



## COMMUNICATION

Share your worries and feelings honestly with your friends or family. Bottling up emotions can increase anxiety.

Let them know how they can help.



# THE HIDDEN BATTLE WITH ALLERGIES

## TIPS FOR DEALING WITH ALLERGY RELATED ANXIETY

### THINK POSITIVE

Make an effort to replace negative thoughts with positive ones. Try writing a list of the things you're grateful for. Think of these when you start to feel anxious.



### PRE - PLAN

Being prepared can reduce anxiety. Knowing that you have a plan in place can offer a sense of control, enabling you to enjoy social outings with greater ease.

**Call ahead!**



### SPOT SYMPTOMS

Identifying triggers of your anxiety allows for early intervention. Then use coping strategies, like deep breathing, and reminding yourself you have a plan in place and are in control of the situation.



## FOR PARENTS WITH ALLERGIC CHILDREN:

**Manage your own anxiety:** By recognising and addressing your own anxiety, you will be better able to support your child.

