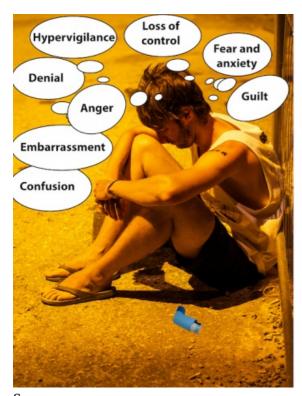
Reduce anxiety



Source: Ministry of Education

View full image (728 KB)

Social and emotional wellbeing

Strategies supporting children and young people

- Asthma management plans need to be sensitive to psychosocial factors.
- Help young people acknowledge and accept the feelings they're having.
- Encourage young people to take an active role in managing their asthma.
- Teach relaxation exercises, mindfulness or meditation.

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