

# SEVERE ASTHMA, COVID-19 AND WELLBEING

## STRESS AND ANXIETY IN PATIENTS WITH SEVERE ASTHMA

Potential adverse mental health effects of the COVID-19 pandemic exist.

Some stress or anxiety at a time like this is normal.

It becomes problematic when it interferes with an individual's ability to function or causes distress.

## STRESS AND ANXIETY BEHAVIOURS DURING PANDEMICS

- People may seek agency which means people want to do something to alleviate their fear, for instance by avoiding situations, seeking “quack cures”, disinfecting, or even acting as if they won't be affected at all.
- People may benefit from limiting their information to one or two trusted sources.



### PHYSICAL ACTIVITY



- Physical activity benefits mental and physical health.
- Aim for 150 minutes of moderate-vigorous activity per week.
- People with severe asthma should work toward this goal as able.
- Find a home-based activity to work into a routine, such as online programmes of yoga or tai chi, or walking in non-populated areas to ensure distance from others.

### NUTRITION



- Maintain a high-quality healthy diet
- The World Health Organisation recommends people consume fresh and unprocessed food, drink 8-10 cups of water each day, eat moderate amounts of fat and oil, and eat less salt and sugar and monitor alcohol consumption.

### WELLNESS FOR CLINICIANS



- Self-care for health care professionals -be respectful and kind to yourself, practice switching on and off, re-charge with things you enjoy, and get good quality sleep.

### TOP TIPS FOR MAINTAINING GOOD MENTAL HEALTH

Social connectedness

Control media intake

Actively maintain wellbeing

Online gateway to Australian mental health and wellbeing resources  
<https://headtohealth.gov.au/>

