

Breathing Well

Alberta Children's Hospital
Asthma Clinic

ACTION PLAN

Practice 'Breathing Well'

- Posture Awareness

- Head Bob

- Belly Breathing

- Sniffing

- Yawning

- Bring it Together

- Other

Treat Aggravating Conditions

- Nasal Saline Rinse

- Antihistamine

- Nasal Corticosteroid Spray

- Anti-reflux

Lifestyle Ideas

- Hydration
- Fitness Conditioning
- Meditation/Mindfulness
- Yoga
- Massage
- Counselling
- Voice Coaching
- Other

My Triggers

- Exercise
- Emotions
- Stress
- Perfume/Strong Smells
- Smoke
- Cold Air
- Allergies
- Dehydration

Control Asthma

- Use my Asthma Action Plan

Track Progress

- Event Diary*
- Event Video Recording*

**bring to next appointment*

Notes & Next Visit Information:

 Find out more about 'Breathing Well' here

