

Asthma Management: Emotional and Stress Triggers

Now, a health minute.

When you have asthma, any kind of emotional trigger, like laughing or crying, or stress, can bring on symptoms.

Your healthcare provider may advise you to use a rescue medication in these situations. Or they might prescribe other medications to help control your emotions.

Some people find it helpful to practice deep breathing after taking their medication to get their breathing back on track and relieve stress.

But in the long run, the most effective thing you can do is learn how to manage the stress in your life.

One approach is to try to avoid stressful situations whenever possible.

Using relaxation techniques to reduce your stress level is another great approach.

By taking steps to manage stress, you'll be less likely to experience asthma symptoms in difficult situations. And you'll be healthier overall.