

POST-ANAPHYLAXIS REMINDERS

Experiencing an allergic reaction, or anaphylaxis, may result in a variety of new feelings, all of which are normal. These feelings, which can surface immediately or after a period of time, may include anxiety, grief, anger, and a growing sense of uncertainty. Below are reminders and tips to help you on the path to regain confidence after a reaction.

T.R.A.C.E: Time/Trust, Routine, Allergist, Compassion, Education

- **TIME/TRUST:** Remind yourself it can take time (sometimes months) to regain balance with fear after a reaction and to rebuild trust in others, food allergy knowledge, and even yourself
- **ROUTINE:** Aim to get back to routines as soon as possible; Get back-to-basics with food allergy safety routines to build/regain confidence again.
- **ALLERGIST:** Review the reaction & problem-solve/adjust safety plans with your allergist.
- **COMPASSION:** Be patient and have compassion for your child (and yourself!). Use relaxation tools to decrease anxiety. Reach out to a licensed clinical counseling professional if extra support is needed.
- **EDUCATION:** Revisit food allergy basics. There may be knowledge gaps - especially true for those diagnosed as a child and/or with no memory of previous reactions. Explore anxiety basics to educate on physical/emotional aspects of worry.

GENERAL SELF-CARE TIPS

<p>Physical Care:</p> <ul style="list-style-type: none">● Prioritize sleep and nutrition● Incorporate exercise or play <p>Emotional Care:</p> <ul style="list-style-type: none">● Process your feelings● Challenge negative thinking● Utilize boundaries● Connect with your support systems● Incorporate activities that bring joy	<p>Stress Management:</p> <ul style="list-style-type: none">● Notice how stress impacts you emotionally and physically● Create a list of relaxation or calming strategies, such as breathing exercises, meditation, yoga, or mindfulness practices● Focus on how you can have meaningful impacts on outcomes● Develop a growth mindset
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