

# POST-ANAPHYLAXIS REMINDERS

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

*(Created by Tamara Hubbard, MA, LCPC)*

- **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 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.

BASIC TIPS	REFRAMING THOUGHTS	CALMING THE BODY
<ul style="list-style-type: none"> <li>● Prioritize sleep, nutrition, and exercise</li> <li>● Create/return to routines</li> <li>● Go back-to-basics if needed</li> <li>● Create an outlet to talk about or process your thoughts and feelings</li> <li>● Take part in pleasant activities that bring you joy</li> <li>● Give yourself permission to set new boundaries</li> <li>● Be alright with saying “No” when needed</li> </ul>	<ul style="list-style-type: none"> <li>● Revisit/review facts your allergist shared about safe situations &amp; which situations may be lower risk ones</li> <li>● Mindset: focus on what you can do, not what you can’t</li> <li>● Balance Negativity: notice when you’re safe, not just when feeling unsafe</li> <li>● Remind yourself you have effective food allergy skills to use</li> <li>● Recall times you were courageous/brave</li> </ul>	<ul style="list-style-type: none"> <li>● Awareness: notice how worry feels in your body</li> <li>● Grounding: get fresh air, focus on sights/sounds/smells near you, drink cold water or ice</li> <li>● Calm your body using relaxation or breathing exercises, meditation, or yoga</li> <li>● Move your body, exercise, or play</li> <li>● Stretch to work through stress</li> <li>● Use fidget gadgets</li> <li>● Hugs are good, too!</li> </ul>

*(Adapted from Jeanne Herzog, PhD’s Emotional Safety Plan)*



**TAMARA HUBBARD, LCPC**  
 Support for food allergies, women's issues & life transitions

