

## POST-ANAPHYLAXIS REMINDERS

Experiencing anaphylaxis, or an allergic reaction, may result in increased anxiety, new worries, and uncertainty. It's important to understand that these thoughts and feelings are normal after reactions, but it doesn't mean you'll always feel that way.

Below are reminders and resources available to help you regain confidence.

### △ 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. Go back-to-basics with food allergy safety routines to rebuild and regain confidence again.*
- **ALLERGIST:** *Review the reaction and problem-solve or adjust safety plans with your allergist. Be sure to ask all questions you may have to ensure you're receiving accurate information.*
- **COMPASSION:** *Be patient and have compassion for your child (and yourself!). Use relaxation tools to help decrease anxiety. Reach out to a licensed clinical counseling professional if extra support is needed.*
- **EDUCATION:** *Revisit food allergy education 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 with your child to educate on the physical and emotional aspects of worry.*

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#### **USEFUL RESOURCES:**

[FoodAllergyCounselor.com](http://FoodAllergyCounselor.com) - Resources/articles to help with food allergy anxiety, or to locate an allergy-informed licensed counseling provider

[Allergic Living "Food Allergy Anxiety Guide"](#) - Special edition e-magazine

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