

# T.R.A.C.E. - Post-Anaphylaxis Reminders

Experiencing an allergic reaction may result in increased anxiety, new worries, and feelings of 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. The reminders below may serve as a post-reaction compass to help rebuild confidence.

*To locate an allergy-informed clinical therapist, visit: [www.FoodAllergyCounselor.com/Directory](http://www.FoodAllergyCounselor.com/Directory)*

## **(T)ime & (T)rust:**

Remind yourself it can take time (sometimes even months) to regain a balance with feelings such as fear, guilt, and even trauma after a reaction. It will also likely take time to rebuild trust in food allergy knowledge, others and even yourself.

## **(R)outine:**

Aim to get back to normal daily routines as soon as possible, as predictability helps. However, it's okay to go back-to-basics with food allergy safety routines to help rebuild and regain confidence at your own pace.

## **(A)llergist:**

Review the reaction, and problem-solve or adjust safety plans with your allergist. Be sure to ask any and all questions you and/or your child may have to ensure that you're receiving the information from a reputable source.

## **(C)ompassion:**

Be patient and have compassion for your child (and yourself). Use relaxation tools to help decrease anxiety. Engage in self-care activities whenever possible. Reach out to a licensed clinical counseling provider if extra support is needed.

## **(E)ducation:**

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 to educate yourself/your child on the physical and emotional aspects of worry.