

healthy habits using SMART approach

The best way to prevent an asthma flare-up is to have an asthma management plan. Evidence shows that having controlled asthma decreases asthma flare-ups in children. This can be done using the SMART approach and an asthma action plan.



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sleep

Goal is to have minimal or no asthma symptoms during the day and night.

Get regular sleep every night, 8-10 hours is best.

Turn off phone at bedtime. Use an alarm clock separate from phone.

Turn off all devices (TV, tablets, video games, phone).

Go to sleep and wake up at the same time each day.

No naps.



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meals

Eat healthy well-balanced meals at least 3 times a day.

Don't skip breakfast. Eat something, even if it's a small amount.

Eat more fresh fruits and vegetables.

Try to avoid fast foods and prepackaged foods.

Aim for optimal weight.

Stay hydrated. Drink more with exercise.



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activity

Get 60 minutes of physical activity each day.

Keep moving. There is benefit from being active and playing sports.

Make sure your asthma is under control (not many flare-ups) before exercising or participating in sports.

Use a rescue inhaler before or during exercise, if it's part of your action plan.

Slowly increase activity duration and frequency to make it a habit.

Choose an activity you enjoy and recruit a buddy. It's more fun with a friend, family member or pet.

Follow your asthma action plan.

If a flare-up occurs, skip exercise, practice or game and talk with your primary care provider.



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relaxation

Stress is a normal part of life. There can be good stress and bad stress.

Stress is one of the most potent asthma triggers.

Learn to manage stress in a healthy way. Try to resolve worries before going to bed.

Consider these ways to relax:

- Deep breathing
- Tensing and relaxing muscle groups throughout the body
- Mindfulness, meditation
- Yoga
- Counseling, cognitive behavioral therapy
- Biofeedback



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triggers and treatment

Manage triggers and treatment to control your asthma:

- Smoke
- Dust mites
- Pets
- Pests
- Mold
- Indoor/outdoor pollutants and irritants
- Weather
- Pollen
- Exercise
- Stress
- Colds, flu, infections

Take medications according to your asthma action plan