

Resources for Asthma

About Asthma

The Asthma UK website has useful information:

- Understanding asthma - www.asthma.org.uk/advice/understanding-asthma/
- What to do in an asthma attack - www.asthma.org.uk/advice/asthma-attacks/
- Help to manage your asthma - www.asthma.org.uk/advice/manage-your-asthma/
- How to use your inhaler: www.asthma.org.uk/advice/inhaler-videos/

Diet

Useful tips and recipes for easy ways to eat better from the NHS One You website:

www.nhs.uk/oneyou/for-your-body/eat-better/

Exercise

Information on home exercise workout plans:

- 'One You' website www.nhs.uk/oneyou/for-your-body/move-more/
- Asthma UK website www.asthma.org.uk/advice/triggers/exercise/

Smoking cessation

Support, stop smoking aids, tools and practical tips:

- 'One You' website www.nhs.uk/oneyou/for-your-body/quit-smoking/

Mental Health

Tips and suggestions for looking after your mental health:

- 'One You' website www.nhs.uk/oneyou/every-mind-matters/

