

Psychological difficulties including anxiety are more common in people living with asthma than the general population. Many people also notice that stress and anxiety can exacerbate their asthma symptoms and make day-to-day asthma management more challenging.

Developing skills to effectively manage anxiety can help support wellbeing, improve quality of life, and improve asthma control. For many people, anxiety management is therefore an important part of their asthma care.



The Asthma service is running a 2-part workshop led by a Clinical Psychologist and Specialist Nurse.

Aims of the workshop:

1. Increase understanding of the relationship between asthma and anxiety.
2. Explore how we cope when anxiety shows up – what is helpful/ unhelpful.
3. Introduce an anxiety management “toolkit”.

Who is workshop for?

- People who have a [diagnosis of asthma](#) and are under the care of secondary care respiratory services.
- People who are experiencing [stress and/ or anxiety](#) in relation to their asthma.

What can I expect?

- Information about the relationship between asthma and anxiety.
- “Tools” to help manage anxiety and stress.
- Activities you will be encouraged to continue practicing at home.
 - Interactive discussions in a friendly environment.
- Signposting information so you can follow up on some of the ideas introduced, and know where to go for further support.
- You will be given a workbook to keep with all the information from the workshop, so you can look back over it at any time.

We aim to make this a [relaxed and friendly space](#) so that participants feel more comfortable to join in discussions and share ideas. We will provide tea, coffee and some snacks.

Where and when?

The workshop runs [every 3 months](#), alternating between [Abergavenny Community Centre](#) and [Canalside Centre, Cwmbran](#).

This is a [2-part workshop](#), and each session is [90 minutes](#) long.

Asthma and Anxiety Workshop



The Respiratory Psychology Service