

Allergy & Asthma Network News



Advances in Allergy & Asthma Webinar Series
Disparities in Food Allergy: Racial, Ethnic & Socioeconomic Considerations

Thursday, September 24th – 4:00 PM ET – Dr. Ruchi Gupta



AERD Awareness Day

- September 26, 2020
- "Moving Forward with AERD"



COVID-19 Webinar Series

• *Considering COVID-19: E-cigarettes & Vaping in Teens with Asthma*

• Wednesday, October 7th – 4:00 PM ET – Dr. Mary Cataletto & Tonya Winders



**Mind-Body Connection during COVID-19:
Physical, Emotional, Relational Health
and More**

Dr. Gianine Rosenblum
Dr. Purvi Parikh
Tonya Winders

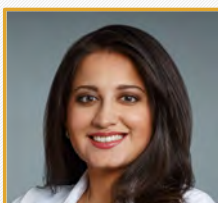
Our Speakers



Dr. Gia Rosenblum

Clinical Psychologist in private practice and specializes in trauma care

Telehealth Program, Mental Health Professional Guide to Psychosocial Issues in Food Allergy, Allergy & Asthma Network



Dr. Purvi Parikh

Clinical Assistant Professor of Medicine NYU Langone School of Medicine & Director, Allergy and Asthma Association, Murray Hill

National Spokesperson, Allergy & Asthma Network



Tonya Winders

President & CEO, Allergy & Asthma Network

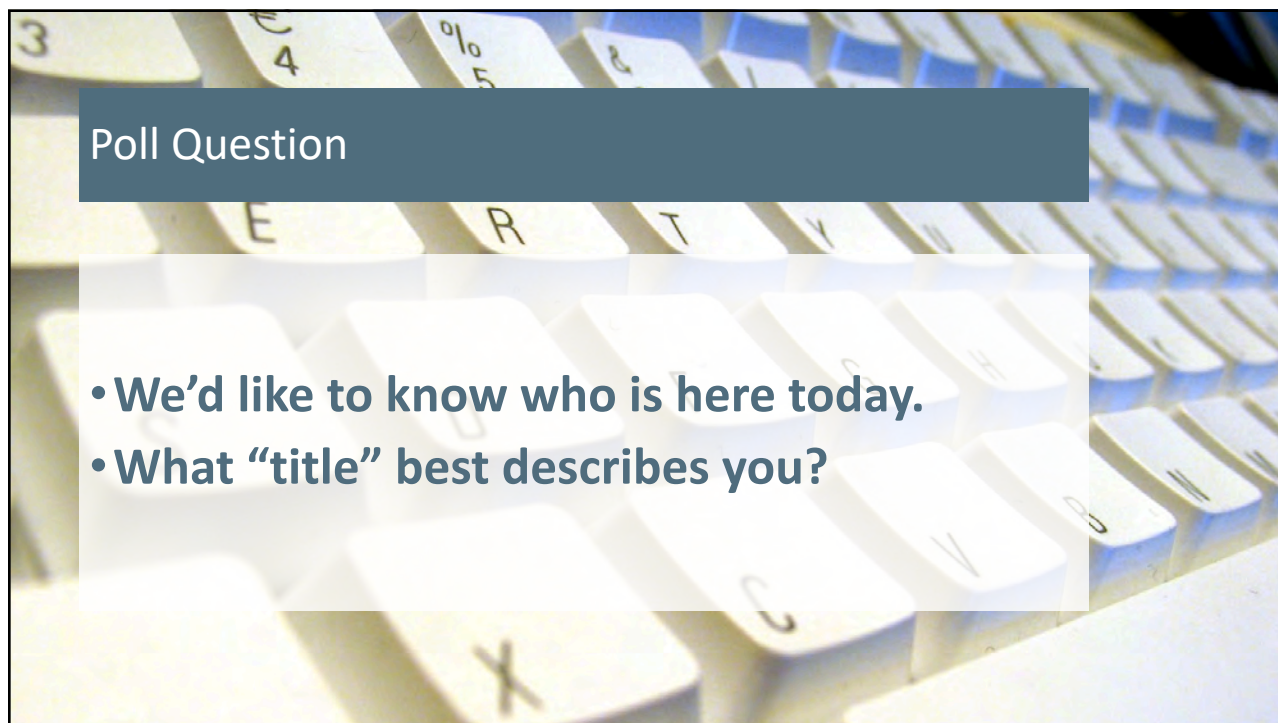
President, Global Allergy & Airways Patient Platform




Outline

- Status of COVID-19
- COVID Specific Stressors - Sources of Anxiety
- COVID – 19 and Stress: Building Resiliency
- Make a Daily Practice of Self Care



A dark blue slide with a yellow sunburst logo in the top left corner. A horizontal bar with a dark blue background and a yellow square on the right contains the title "Status of COVID-19". Below the bar, the name "Tonya Winders" is written in white.



Status of COVID-19

Tonya Winders

In the News

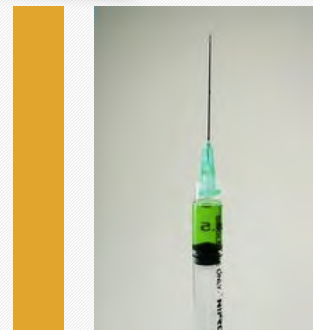
CDC

- U.S. should have enough coronavirus vaccine to return to 'regular life' by third quarter of 2021
- A single passenger spread Covid-19 to 15 others aboard a flight from London to Hanoi, Vietnam, according to a study published Friday
- A draft version of proposed changes to "How COVID-19 Spreads" was posted in error to the agency's official website. CDC reports that they are currently updating recommendations regarding airborne transmission of SARS-CoV-2 (the virus that causes COVID-19). Once this process has been completed, the update language will be posted.



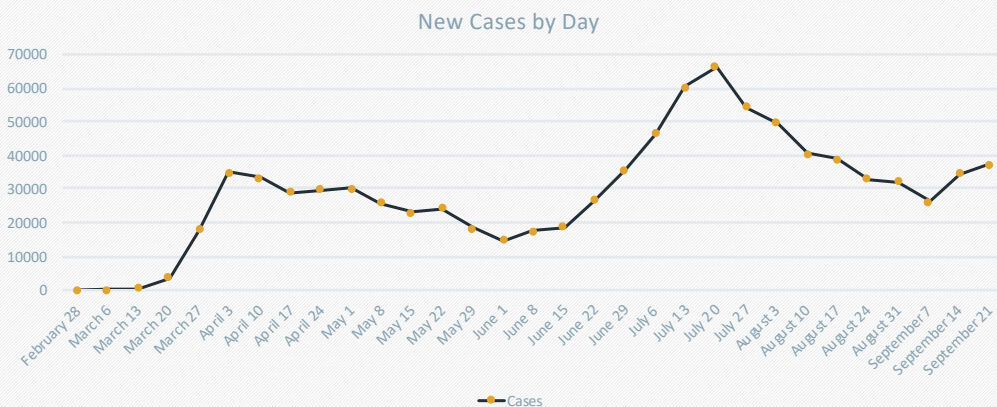
In the News

- As of Sept. 4, Moderna reported 26 percent of study participants from communities of color, reported including Black or African-American, Latin, American Indian and Alaskan Native.
This is an improvement from most studies. In fact, in clinical trials overall, African-American participation hovers around an abysmal 5 percent, despite being 13 percent of the U.S. population.
- Astra Zeneca – clinical Trials resume in the UK
- Navajo Nation officials said they will participate in the Pfizer-BioNTech COVID-19 vaccine trials amid a steady decline in coronavirus cases.



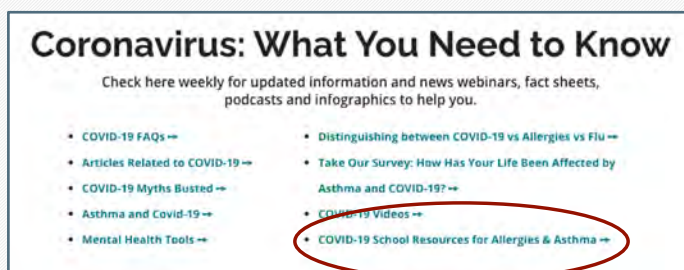
Allergy
& Asthma
NETWORK
35TH
ANNIVERSARY

COVID-19 Cases in US by Date Reported



COVID-19 Information – Allergy & Asthma Network

- COVID-19 Information Center
 - FAQ's
 - Mental Health Tools
 - Infographics
 - Much more . . .
- COVID-19 School Resources
 - National recommendations
 - Network Notes for Parents
 - Planning Tools
 - Asthma Care Resources
 - Posters for School





Poll Question

- Have you felt an unusual amount of stress since the COVID-19 virus first “hit” in March?

A dark blue slide with a sunburst icon in the top left corner. A horizontal bar in the middle contains the title 'COVID Specific Stressors - Sources of Anxiety' in white text. Below the bar, the name 'Dr. Purvi Parikh' is written in a smaller white font. A small orange circle is located in the bottom right corner of the slide.



COVID Specific Stressors - Sources of Anxiety

Dr. Purvi Parikh

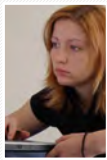
COVID-Specific Stressors Sources of Anxiety



Fear of catching Corona-Virus



Shift from short-term to long-term coping – normal feels far away



“Do I have it-it is” - health anxiety – constant scanning for symptoms

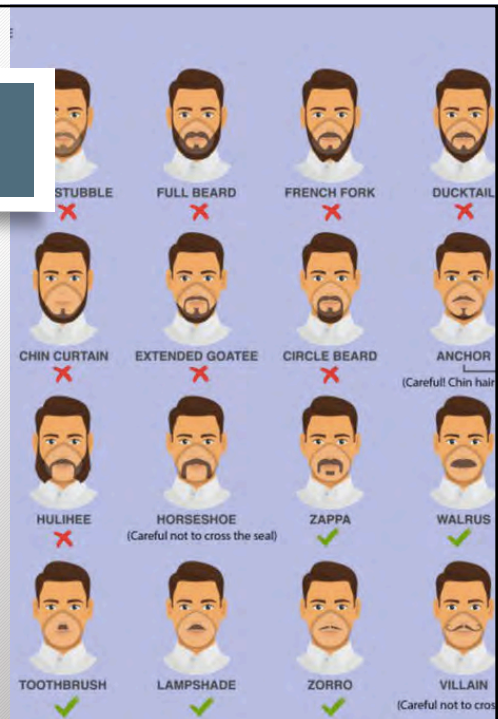


Symptoms of anxiety/panic can mimic COVID symptoms



COVID-Specific Stressors Sources of Anxiety

- Conflicting viewpoints/attitudes/behaviors on safety
 - Not doing what is safe to do
- Lack of popular consensus/conflicting information
 - This has resulted in loss of social supports for some people
- Rolling “hotspots”
 - “Re-entry anxiety” – how to go back into the world safely?
- School closures
- Food Insecurity



Disproportionate Mental Health Impacts

Older Adults

Mothers

Frontline Health Care Workers

Those with chronic medical illness

Those with existing mental illness especially adolescents

Back-to-school/college - worried

Decreased access to positive life experiences



Research Findings -

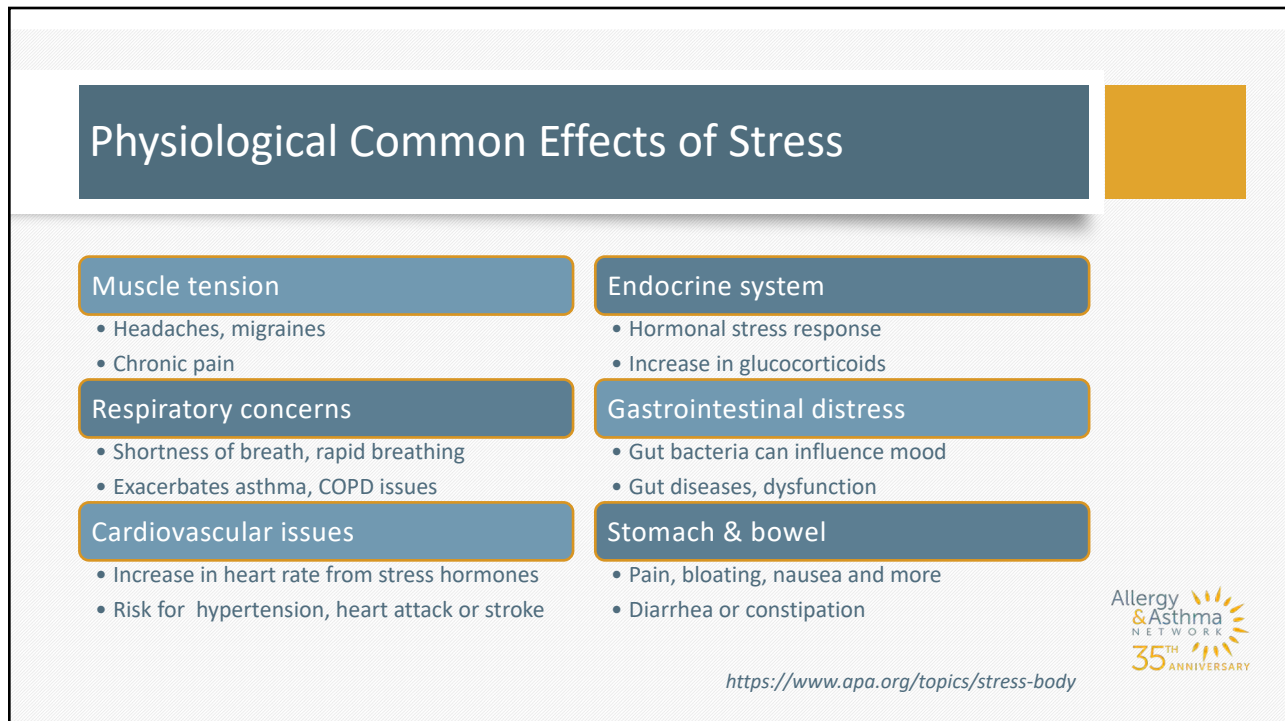
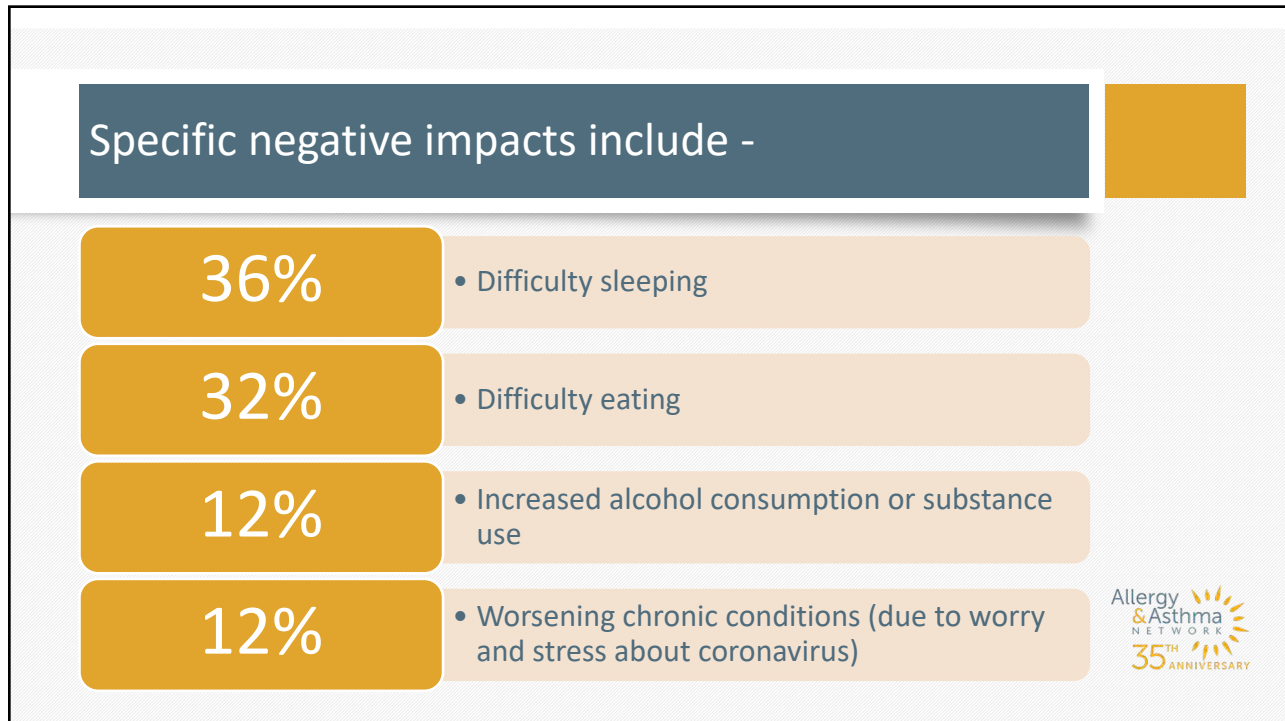


Kaiser Family Foundation Tracking Poll from Mid-July, 2020

53% of US adults negative impact due to worry and stress over the coronavirus

- Change from **32%** reported in March 2020 coronavirus.





Physiological Common Effects of Stress

Nervous System

Sympathetic nervous system (SNS)	Parasympathetic nervous system (PNS)
<ul style="list-style-type: none"> • “Fight or flight” – sudden response to emergency 	<ul style="list-style-type: none"> • Opposing effects to SNS
<ul style="list-style-type: none"> • Hormones released – heart beats faster, respirations increase, blood vessels in arms & legs dilate, blood sugar levels increase 	<ul style="list-style-type: none"> • PNS overactivity can promote bronchoconstriction, vasodilation, compromised blood circulation
<ul style="list-style-type: none"> • Ongoing stress causes wear and tear on the body 	

<https://www.apa.org/topics/stress-body>



Stress is Manageable!

The greatest weapon against stress is our ability to choose one thought over another.

– William James





COVID – 19 and Stress: Building Resiliency

Dr. Gia Rosenblum



Drivers of Stress

Uncertainty

Loneliness, social isolation

Under-stimulation

Job loss & economic stress

Health Anxiety



Reactions to Chronic Stress

Depression/Helplessness/Hopelessness

Anxiety

Bodily tension, aches and pains, insomnia

Worry - "what-if" and catastrophic thinking

Avoidance

"Brain fog" –

Forgetfulness, indecisiveness, difficulty thinking clearly & formulating ideas, feeling not "sharp"

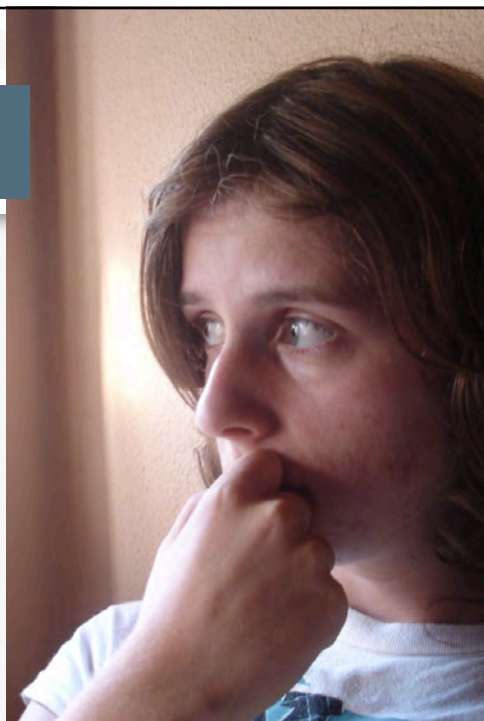


What's the right amount of worry and anxiety?

A goal for coping

Some anxiety at this time is "ecologically valid"
It makes sense!

We want to be able to process information, solve problems, think as well as feel our feelings, connect to others, and regulate ourselves when we get upset



Ask yourself: How is the stress impacting me?



- Are you frequently feeling *overwhelmed agitated, filled with jitters and racing thoughts?*
- OR
- Are you frequently feeling *numb, shut down, in a fog, disconnected and like the energy has been drained from your body?*
- Are you having difficulty experiencing happiness or pleasure from the things in your life that are objectively good, and you used to enjoy?
- If you answered YES – you need some active attention to self-care and improved coping



Resiliency

Resiliency is the capacity to tolerate the adversities of life without a permanent drain on one's resolve to engage in life.

Resiliency allows us to accept setbacks, change course when needed, heal emotional and physical wounds, stay connected to what makes life meaningful, and retain some optimism.

Sources of Resiliency

- Tolerance for Uncertainty
- Radical Acceptance of reality as it
- Belief in your abilities as a problem solver
- Addressing instead of avoiding
- Grounding in one's own values
- Seeking meaning and purpose each day
- Cultivating gratitude
- Spirituality
- Social Connection: Sharing time with and helping others
- Brain balance: Stimulate the side of your brain that you don't usually lean on



Strategies to Build Resilience:

Build tolerance for Uncertainty and Radical Acceptance of reality as it is

Remember:

- Uncertainty is inevitable
- A certain world is impossible, if everything were known, life would be boring, there would be no growth or change
- Uncertainty is challenging for most people
- Sometimes uncertainty is great (I wonder what's in the birthday gift?)



Strategies to Build Resilience:

Practice “turning your mind” to accept what is

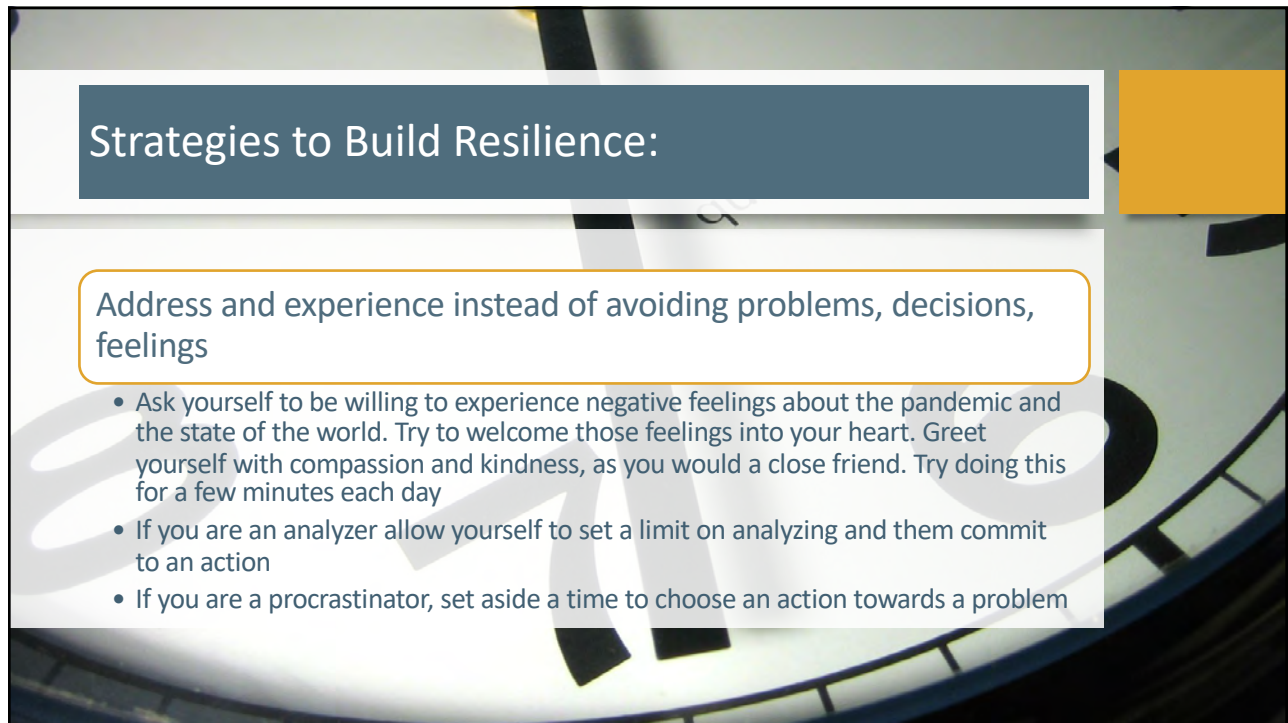
- Notice if your thoughts resist reality, or respond with indignation: “it shouldn’t be this way” or “why is this happening?”
- Pause, take a breath, speak kindly to yourself
- Make an internal commitment to accept reality as it is
- Remind yourself that you can cope better with things if you see them as they really are
- Remember, you do not have to agree with, condone, or like this reality



Strategies to Build Resilience:

Address and experience instead of avoiding problems, decisions, feelings

- Ask yourself to be willing to experience negative feelings about the pandemic and the state of the world. Try to welcome those feelings into your heart. Greet yourself with compassion and kindness, as you would a close friend. Try doing this for a few minutes each day
- If you are an analyzer allow yourself to set a limit on analyzing and then commit to an action
- If you are a procrastinator, set aside a time to choose an action towards a problem



Strategies to Build Resilience:



Believe in your ability to solve a problem

- Think of times when you have successfully met a challenge, solved a problem, or dealt with adversity
- Remember what it felt like when you realized there was a problem
- Remember what it felt like after you solved the problem (Relief! Pleasure! Pride!)
- Remind your self of the actions you yourself took to address the problem (this includes asking for help from others, or learning something new!)
- Think of an image that represents you conquering a challenge.
- Bring that image to mind each day



Behavioral action - Do what you can.

List actions you can take that -

- Are aligned with your values
- Are related to what gives your life meaning or purpose
- Are within in your control
- Provide something positive to others
- Commit to engaging in these actions each week b/c it's good for you, though you may not "want to"
- Track how engaging in these actions makes you feel



Things to Try - Mindfulness

Be aware of your thoughts and feelings -- observe them without judgement, the way you might observe a candle flame.

Allow your thoughts to come and go.



Things to Try – Guided Meditation or Visualization

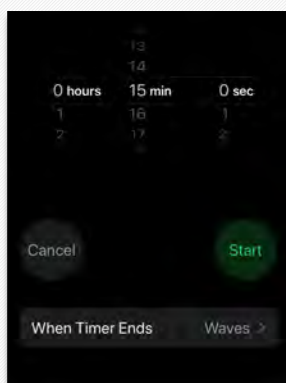


Find a quiet moment. Close your eyes.

- Think of a place you've been, or a fictional or imaginary place that is very positive for you.
- Engage your five senses. Imagine what you see, hear, can feel, smell, and taste.
- Visualize bringing in things or people that calm you. Imagine a force field keeping negative things out. Spend 5-10 breaths just focusing on this experience and notice your body feeling calmer.
- When you are finished, name this place, and remind yourself that you can return there whenever you wish.



Things to Try: Making a Worry Appointment



Set a specified time each day

- Timer for 15 minutes
- Write down your worries in sentence form for 10 minutes.
- Then allow yourself to visualize your worries as if they were actually happening for 3-5 minutes (if that feels too long, you can be briefer.)
- Visualize yourself putting your worries away in a secure place, like a vault, a locked box, or at the bottom of the ocean.
- Tell yourself you are done with worry time for now, and need to return your attention to other things. but you will have another opportunity tomorrow. If worries pop up, tell yourself it is not worry time now, and imagine yourself putting the worry back in its secure place.



Tools to Try

Meditation/Mindfulness

- A regular meditation practice can reduce stress long-term
- Want an app?
- Try: Headspace, Calm, UCLA Mindful, 10% Happier, or Stop, Breathe & Think.

- Yoga Videos
- Podcasts
- Writing
- Making art
- Nature
- Music
- Animals





Make a daily practice of self care

10 minutes day of practice your coping tools is more effective than an hour/week



Make a Daily Practice of Self Care

Tonya Winders

Stress Management

- Maintaining a healthy social support network
- Engaging in regular physical exercise
- Getting an adequate amount of sleep each night

These approaches have important benefits for physical and mental health, and form critical building blocks for a healthy lifestyle

<https://www.apa.org/topics/stress-body>



“Secure your oxygen mask before you help others”

Routine

- Do what you know you should do

Sleep

- Set a positive sleep routine – get enough hours
- Reduce screen time before sleep

Eat

- Get back to the 4 basic food groups, watch your calories - Eat regularly

Exercise

- Walk, run, whatever works for you



Add, Subtract – “Clean House”

What drains your energy and mood?

What renews you?

Brainstorm ways to add more renewal and less drain to your life



Poll Question

- **Which activities have you done to help you cope with stress?**
- **(Choose as many as you'd like)**

Start Small

You don't have to fix everything all at once

Start slowly and add things weekly

Focus on consistency

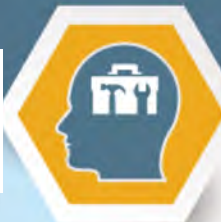
Practice saying "No"

Don't decide to be perfect

COVID Specific Resource

- Go to our COVID-19 Information Center
- Near the bottom of the page – look for our COVID-19 infographics

Tools to Regulate Mind, Body & Emotions during COVID-19



Manage Information

Limit Social Media
Choose 1-2 trusted news sources – only check once daily
Choose print for broadcast, audio over video



Practice Compassion

Practice self-compassion, connection and kindness
Ask: How would I feel? How do I feel?
Be understanding for others – social, COVID, etc.
Use appropriate touch – hug, hold hands, etc., when safe
Address underlying medical needs.



Eat Healthy and Sleep

Eat fruits and veggies
Stay hydrated
Sleep at least 7 hours/night
BREATHE... sleep, relaxing body creates



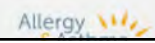
Visualize

Allow your mind your special time.
Revisit journal that is temporary.
Revisit your strengths, abilities and gifts.
Practice 5-4-3-2-1 grounding.



Recognize Feelings of Loss

Name the losses and their importance.
Allow time for processing.
Access professional support for validation if needed.



Simply -

Be Good to Yourself

Take Care of Others
When You Can



Questions?

*Please record your questions in the Question box on your
webinar control panel
We will address as many questions as we can*



Join us on **October 7th at 4:00 PM Eastern** for the 14th webinar in our COVID-19 Webinar Series -



Considering COVID 19: E-cigarettes & Vaping in Teens with Asthma



Mind-Body Connection during COVID-19: Physical, Emotional, Relational Health and More



Thank you for listening!
Get guidelines-based information at
allergyasthmanetwork.org

