

PLANNING AHEAD FOR WHAT COULD HAPPEN

When you have asthma, you may avoid some of the things you would like to do. Staying home can feel easier than dealing with symptoms that may get worse or feeling threatened by the possibility of a serious asthma attack.

This exercise is designed to help you think through what steps you can take to feel better prepared to move forward with your plans.

WHAT DO I WANT TO DO?

Choose an activity or event—big or small—that you’re thinking of skipping because you’re concerned about a potential asthma attack.

For example, Ann wanted to be the one to present the group project at work, but she was worried she would have an asthma attack during the presentation.

I’d like to be able to (activity) _____, even though I feel it would be easier to just avoid the situation.

WHY DO I WANT TO DO IT?

Now think about why you would like to take part in this activity.

Ann wanted to do the presentation because it would improve her image at work.

This is important to me because _____

WHAT CAN I DO TO PREPARE?

Write down any ideas you can think of that could help you plan for unexpected asthma symptoms during your activity.

Ann planned a clear way out of the conference room. She also talked to a team member about taking over the presentation if she had to leave.

1. _____

2. _____

3. _____

HOW DID IT HELP ME?

How did it feel to create a plan for what you wanted to do? Do you feel more prepared to take part in this activity now that you have a plan?

At the next appointment with your healthcare provider, be sure to discuss

- What types of activities you have been missing because of fear of an asthma attack

- How to better manage your asthma

Write down some additional things you want to talk to your healthcare provider about, like how to better manage your symptoms. Having them written down will help you remember them for your next appointment.



There are several types of asthma. Ask your healthcare provider what type of asthma you have and whether it might be better managed.

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Sanofi and Regeneron are committed to providing resources to advance research in asthma in areas of unmet medical needs among patients with severe asthma.

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MAT-GL-2000225. V2.0 July 2022