

World Asthma Day

IF YOU THINK AN ATTACK IS COMING...



Tell someone!



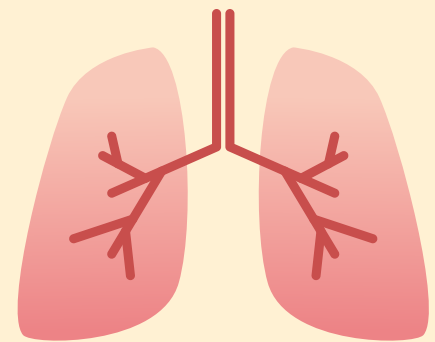
Take 3 deep breaths
hold at the top



Focus your attention
for 1-2 minutes



Make a hot tea or coffee



Do yoga to open up lungs
& chest