

How do I look after my asthma?

Looking after your asthma and health can be challenging.

Please find below suggestions about self-managing your asthma

- 1. [Mobile apps](#) to get to know better your inhalers**
freely available to download: RightBreathe
[Google](#) '[right breathe](#)' or find the app Rightbreathe on your mobile [Google Play](#) or [Apple App store](#)
- 2. [Videos](#) to check your inhaler technique and your use of a spacer**
[Google](#) '[Asthma UK inhaler-videos 3 minutes](#)'
- 3. Did you know about [local group activities](#) organised by the British Lung Foundation?**
Join Breathe easy or singing groups
[Google](#) '[blf and local support](#)' to find where, when and how to join them
- 4. Have you seen the [Asthma UK resources](#) for adults with asthma?**
[Google](#) '[Asthma UK resources](#)'.
You can download:
 1. An asthma action plan
 2. 'Live well with asthma' booklet
 3. 'Make the most of your asthma review' booklet
 4. A peak flow diary

You can also connect with other 13,000 users on the [Asthma UK discussion forum](#) and. Join a discussion or start your own on the forum!

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