

# AIM2ACT

## A Mobile Health Tool to Facilitate Asthma Self-Management during Early Adolescence



## Welcome! How's it been going?

By Farah Contractor

Welcome to the Spring 2022 edition of the Aim2Act newsletter. We are so thankful for your participation in our research program. We have designed this newsletter to provide you with regular updates about our program, as well as helpful and interactive material for you.

We hope that you continue to enjoy this newsletter, and know that we appreciate your participation in this project. As we continue to adjust to a world with COVID-19, we hope that you find support and a community within Aim2Act. In this edition you can find our study updates, a crossword puzzle, and ways to stay afloat during this pandemic.

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# Pandemic Fatigue

By Shannon Hurley

## What is pandemic fatigue?

Dr. Nestadt from Johns Hopkins University School of Medicine defined pandemic fatigue as the exhaustion that results from the extra time and energy spent dealing with the changes that the COVID-19 Pandemic has caused. The WHO further describes it as “feeling demotivated about following recommended behaviors to protect ourselves and others from the virus.”

## How can pandemic fatigue impact you?

Pandemic fatigue is mentally and physically exhausting. Chronic exhaustion can lead to lower resilience and increased feelings of dread or hopelessness. This can also lead to feeling more anxious and less motivated. You may be feeling more on edge, have lower energy overall, and find yourself being tempted to stop following COVID safety guidelines. It's important to recognize that your feelings are valid, and many people are experiencing the same issues. You are not alone in feeling disappointed and frustrated.

## How can you fight pandemic fatigue?

1. Continue to follow public health guidelines. It might seem like this pandemic will never end, but the best way to keep yourself and your loved ones safe is by continuing to follow local guidance from public health officials.
2. Take care of yourself. Our mental health is very closely connected to our physical health. See the article on the next page for more tips on how to take care of your mind and body during the pandemic!
3. Stay connected. People who reported faring better than expected psychologically during the pandemic also reported strong feelings of social connection. Make sure you take the time to reach out to friends and family. Many of them are likely experiencing similar pandemic fatigue and sharing your thoughts and feelings with those who care about you will help you both to feel a little better.
4. Don't be afraid to seek help. Many people have sought professional help with their mental health due to the pandemic and 62% of psychologists reported receiving more referrals in the last year than in years prior. Speaking to a mental health professional can help you to develop healthy coping mechanisms that will allow you to successfully deal with the many challenges that the pandemic has caused in your life. Additionally, many mental health professionals now offer their services online, so you can better fit it into your busy schedule!

## REFERENCES

- <https://www.everydayhealth.com/coronavirus/how-to-not-let-pandemic-fatigue-turn-into-pandemic-burnout/#how-to-pandemic-proof-our-minds-and-bodies>
- <https://www.apa.org/news/press/releases/2021/10/mental-health-treatment-demand>

# Staying your best during COVID-19!

By Hibah Ahsan

As we are approaching over two years of the COVID-19 pandemic, it is important we don't forget to take care of ourselves and find ways to engage in activities that make us feel happy! Here are some ways YOU can improve your health and wellbeing:

1. Set goals: Try brainstorming goals for yourself that you can achieve. It can be drinking a certain amount of water, learning new recipes, or anything that will make you feel healthy and normal!
2. Incorporate exercise: We all need to outside for a fresh breath of air once in a while or work off stress at the gym. Make sure to stay active and incorporate at least 30 minutes of daily activity to ensure that your mind, body, and soul are all healthy!
3. Connect with other people: We are all in this pandemic together, so make sure to reach out or meet up with friends, family, or even find new people in the community who can help you feel less lonely and more connected in your social circle!



4. Get some rest: It is so important to get your 8 hours of sleep at night. Sleeping can help reduce stress and allow your body to heal and rejuvenate. Prioritize getting a good night's rest to wake up feeling refreshed and ready to conquer the day!
  5. Diet and nutrition: While we all crave chips and sweets sometimes, it is important that we eat well-balanced meals to maintain our health. Make sure to incorporate a good portion of fruits and veggies every day!
  6. Find some hobbies: Finding hobbies that you can partake in to destress and feel happy is so important. Continue or find things to do that will get your mind active and energized. This could be things like painting, cooking, reading, or even rock climbing!
- Staying active and being a part of activities that will make you feel normal and happy during this pandemic is extremely important. Don't be afraid to get out of your comfort zone and try new things! Doing things as simple as sleeping to exercising or catching up with friends and family can facilitate a healthy mind and body. Just remember: you can do this!

## REFERENCES

- <https://health.mil/News/Articles/2020/05/22/COVID-19-lifestyle-tips-to-stay-healthy-during-the-pandemic#:~:text=Eating%20right%2C%20physical%20activity%2C%20adequate,more%20resilient%20during%20COVID%2D19>
- <https://iuhealth.org/thrive/ideas-for-staying-healthy-during-covid-19>
- <https://www.cdc.gov/mentalhealth/stress-coping/cope-with-stress/index.html>



# #asthmafacts

By Hibah Ahsan

**What is asthma?** It is a condition in which a person's airways become inflamed, narrow and swell, and produce extra mucus, which makes it difficult to breathe.



## Diagnosis

Asthma is the most common chronic disease among children.

## Inhalers

Inhaled medication can allow people with asthma to live a normal, active life!



**1 in 13 Americans have asthma  
(that's 6.1 million children!)**



## Symptoms



Fatigue



Cough



Elevated Heart Rate



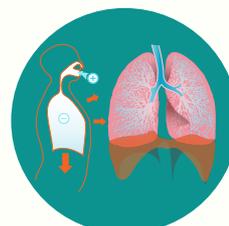
Allergies



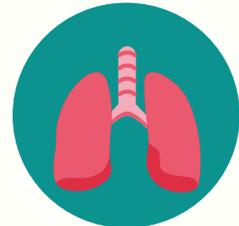
Pale/Wet Skin



Difficulty Breathing



Chest Tightness

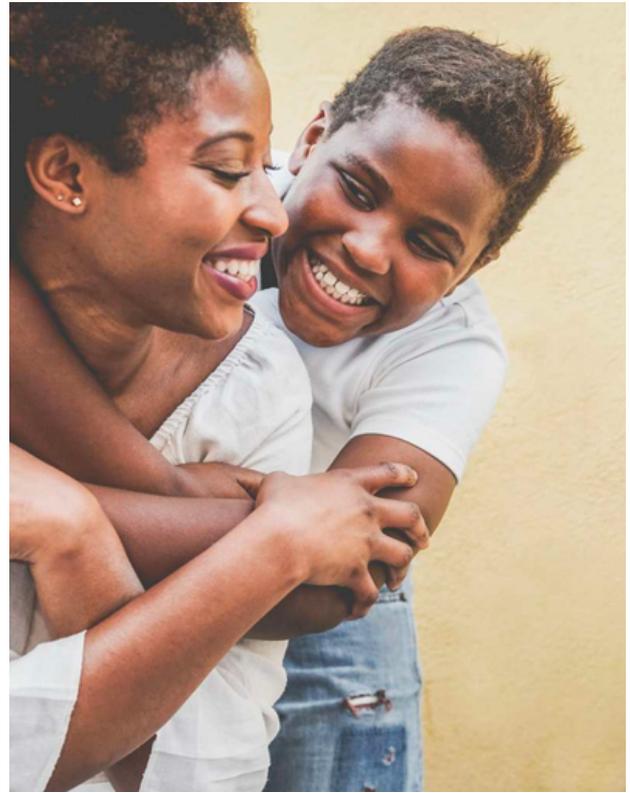


Shortness of Breath

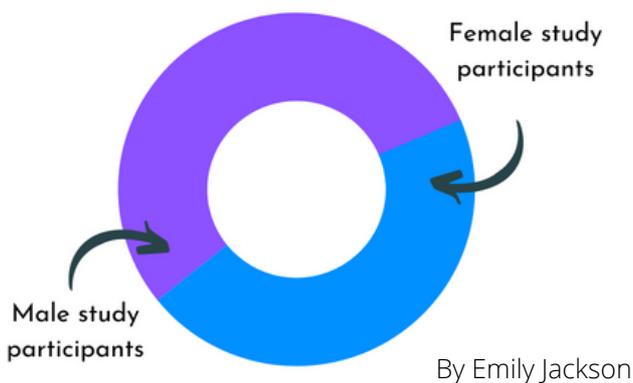
# Aim2Act Study Updates

By Justine Nicholas

We're officially national! Since starting enrollment in March 2021, we've partnered with 45 families all across the US. Most of our families are located in Florida, but in December 2021 we expanded our reach to other states. Since then we've had families joined us from neighboring southeast states, the tristate area, and as far west as California. Checkout our map below on where other Aim2Act families are. In addition to national reach, we have 31 of our 45 families using either versions of the Aim2Act app. 9 families have made it to their 6mo study check-in, and we start our 9mo study check-ins in March this year. Do you know a family that may qualify? Email or call us using the study info below.



GENDER DISTRIBUTION AMONG STUDY PARTICIPANTS



## Who is eligible?

- Teens (age 12-15) with asthma, and
- A caregiver (age 18-70) they live with
- People who speak and read English
- People who can complete study procedures independently

## Have any questions about our study?

Email us at [AIM2ACT@phhp.ufl.edu](mailto:AIM2ACT@phhp.ufl.edu) or give us a call at **352-273-6443**

# A2A Participant Demographics

## Location of Families in Study



### Map Key



1 family enrolled in A2A

2 families enrolled in A2A

35 families enrolled in A2A

By Emily Jackson

## Newsletter Contributors



Farah  
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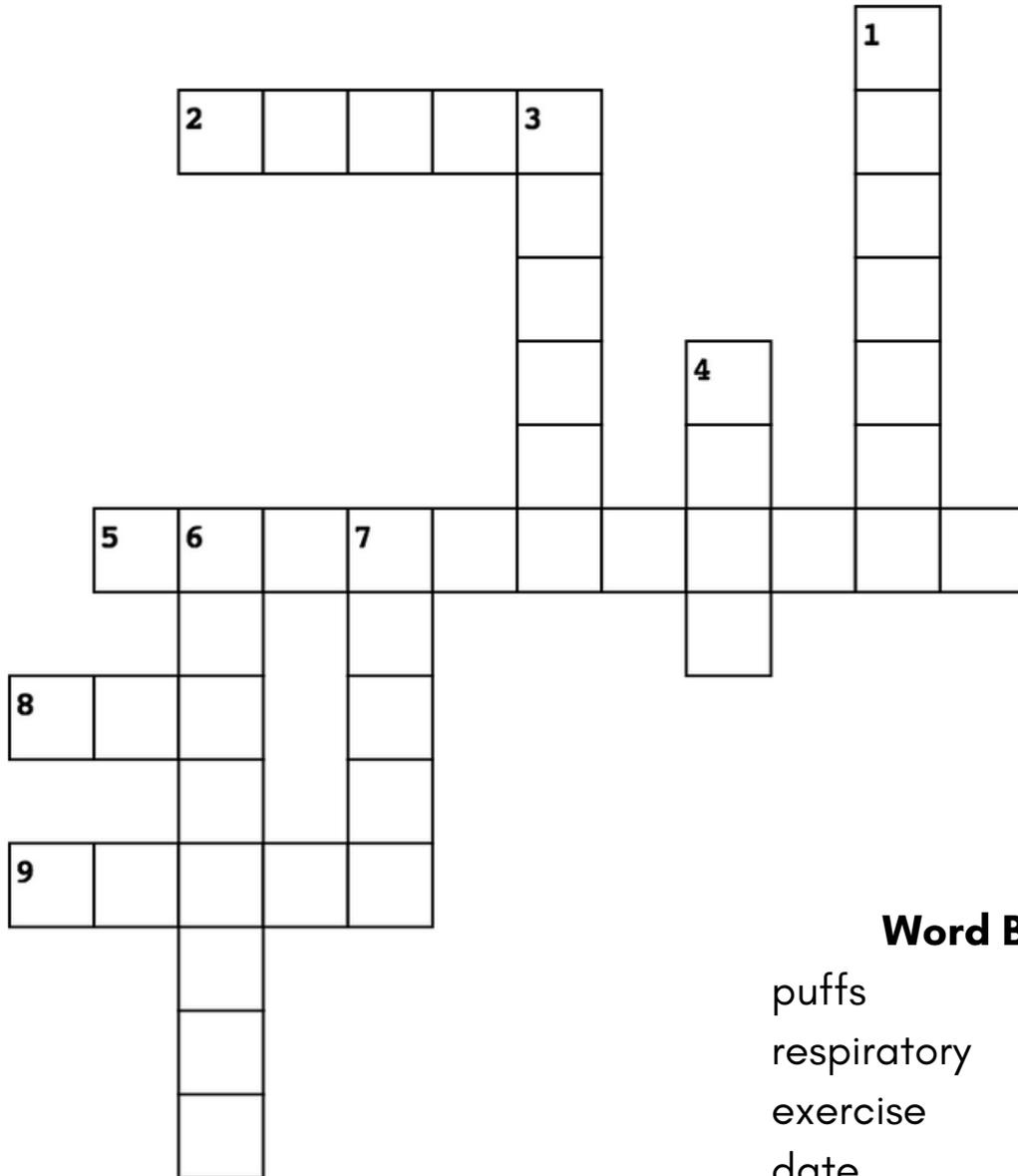


Justine  
Nicholas



Emily  
Jackson

# Crossword Puzzle!



### Word Bank:

- |             |         |
|-------------|---------|
| puffs       | one     |
| respiratory | trigger |
| exercise    | mucus   |
| date        | doctor  |
| avoid       |         |

### Across

### Down

- 2. Know what triggers you have and \_\_\_ them.
- 5. asthma has to do with your \_\_\_system.
- 8. Inhalers expire in \_\_\_ year
- 9. During an asthma flare-up airways fill with sticky \_\_\_\_\_.

- 1. Something that makes asthma worse.
- 3. Who should you see regularly for medicine?
- 4. You will find this stamped on the inhaler.
- 6. This is a trigger for many people.
- 7. A number on the inhaler tells you how many \_\_\_are left.

# Crossword Puzzle!



# ANSWER KEY

