

Today's Activity



Stress and COPD “How to Cope”

When you live with COPD, you'll feel more stressed out than most people. For healthy people, having shortness of breath is something your brain will worry about. As a COPD patient, you'll have shortness of breath a lot of the time, which can make your brain over-active and make you really stressed out. It's important to try and keep your stress down. Some good ways to relax are listed on the following page.

Coping with Stress

- Get restful sleep. Sleeping well is often a problem for people with COPD. Developing good sleep habits can help: Keep to a sleep schedule, resist napping, avoid drinking caffeine and exercising later in the day, and limit your bedroom to sleeping — no work or late-night TV watching.
- Get more exercise. Exercise is a proven way to reduce stress. Even gentle activities that don't affect your breathing are beneficial. "Many people with COPD benefit from an exercise like yoga that combines movement with focused breathing," says Dr. Bon. Get more exercise. Exercise is a proven way to reduce stress. Even gentle activities that don't affect your breathing are beneficial. Many people with COPD benefit from an exercise like yoga that combines movement with focused breathing.
- Relaxation Techniques - Deep Breathing, Meditation, or any activity you feel will help you calm down.
- Make your diet more nutritious. Foods high in sugar and empty calories, caffeine, and alcohol can drain your energy and add to your stress. Of course, don't smoke and avoid exposure to secondhand smoke.
- Learn COPD breathing exercises. These specialized breathing exercises can help reduce stress and any fear of being short of breath. Participating in a pulmonary rehabilitation program, where you can learn some of these exercises, has been shown to ease depression and anxiety.



Diet and COPD "How to Manage"

The right mix of nutrients in your diet can help you breathe easier. Oxygen and food are the raw materials of the process, and energy and carbon dioxide are the finished products. Carbon dioxide is a waste product that we exhale. The process of changing food to fuel in the body is called metabolism. Metabolism of carbohydrates produces the most carbon dioxide for the amount of oxygen used; metabolism of fat produces the least. For some people with COPD, eating a diet with fewer carbohydrates and more fat helps them breathe easier.

Planning Your Diet

In addition to following your personalized nutrition plan from your doctor, here are some helpful tips for a better diet:

- Rest just before eating.
- Eat more food early in the morning if you're usually too tired to eat later in the day.
- Avoid foods that cause gas or bloating. They tend to make breathing more difficult.
- Eat 4 to 6 small meals a day. This enables your diaphragm to move freely and lets your lungs fill with air and empty out more easily.
- If drinking liquids with meals makes you feel too full to eat, limit liquids with meals; drink an hour after meals.
- Consider adding a nutritional supplement at night time to avoid feeling full during the day.

Get in the habit of weighing yourself regularly. The scale will alert you to weight loss or gain. You should see your doctor or dietitian if you continue to lose weight or if you gain weight while following the recommended diet.



Pursed Lips is a breathing technique used to address breathlessness in those who have trouble breathing (typically associated with chronic lung disease). As one of the easiest methods to control breathing, this technique is most effective when breathing is labored or under stress (for example, when engaging in exercise or other strenuous activity). Although the method of using this technique is simple, it should be practiced 4-5 times a day until it becomes second nature.

Why?

Slows your breathing down. Keeps airways open longer so your lungs can get rid of more stale, trapped air. Reduces the work of breathing. Increases the amount of time you can exercise or perform an activity. Improves the exchange of oxygen and carbon dioxide.

How?

To use pursed-lips breathing: Breathe in through the nostrils. Breathe out slowly. Do not force the air out. Breathe out through lips pursed like you would blow out a candle. Breathe out two to three times longer than you breathe in.

- Breathe in through your nose (as if you are smelling something) for about 2 seconds.
- Pucker your lips like you're getting ready to blow out candles on a birthday cake.
- Breathe out very slowly through pursed-lips, two to three times as long as you breathed in.
- Repeat.



When?

A good time to use pursed lip breathing is when stair climbing, long walks, after carrying or lifting heavy objects, when showering, with all daily activities, and even when exercising.

Breathing and COPD “Diaphragm Breathing”

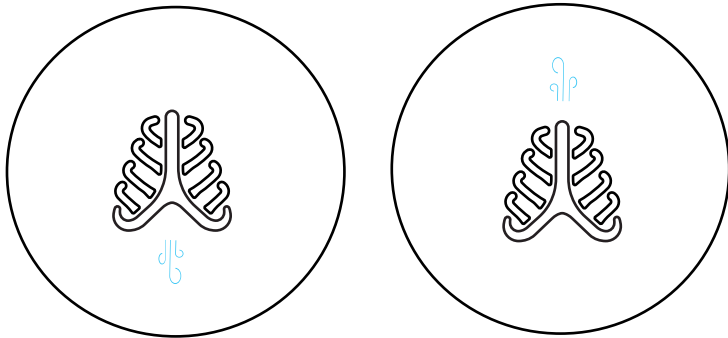
This type of breathing is also called abdominal breathing or “belly” breathing. Your abdomen should rise when you breathe in. It should lower as you breathe out. Your diaphragm is your main muscle of breathing. It is designed to do most of the work of breathing. When you have COPD, the diaphragm doesn't work as well and muscles in the neck, shoulders and back are used. These muscles don't do much to move your air. Training your diaphragm to take over more “work of breathing” can help. Diaphragmatic breathing is not as easy to do as pursed-lips breathing. It is recommended that you get instruction from a respiratory health care professional or physical therapist experienced in teaching it.

Why?

This technique is best used when you're feeling rested and relaxed, and while sitting back or lying down.

How?

- Place one hand on your abdomen. Place one hand on your upper chest.
- Focus your breathing on your abdomen.
- As you breathe in, the hand on your abdomen should rise.
- As you breathe out, the hand on your abdomen should lower.
- Breathe in through the nose. Breathe out slowly through pursed lips.
- Practice this 2 to 3 times a day for 5 to 10 minutes. Start by doing it while lying on your back. Then try it while sitting. Then try it while standing. Finally, try it while doing an activity.



When?

A good time to use diaphragm breathing is when stair climbing, long walks, after carrying or lifting heavy objects, when showering, with all daily activities, and even when exercising.

Zones and COPD “How to Identify”

It is recommended that patients and physicians/healthcare providers complete this action plan together. This plan should be discussed at each physician visit and updated as needed.

The green, yellow and red zones show symptoms of COPD. The list of symptoms is not comprehensive, and you may experience other symptoms. In the “Actions” column, your healthcare provider will recommend actions for you to take based on your symptoms by checking the appropriate boxes. Your healthcare provider may write down other actions in addition to those listed here.

Tracking Your Zones

Green Zone	Actions
<ul style="list-style-type: none"> • Usual activity and exercise • Usual amounts of coughing and phlegm/mucus • Sleep well at night • Appetite is good 	<ul style="list-style-type: none"> <input type="checkbox"/> Take daily medicine <input type="checkbox"/> Use oxygen as prescribed <input type="checkbox"/> Continue regular oxygen/diet plan <input type="checkbox"/> At all times, avoid cigarette smoke and inhaled irritants
Yellow Zone	Actions
<ul style="list-style-type: none"> • More breathless than usual • I have less energy for my daily activities • Increased or thicker phlegm/mucus • Using quick relief inhaler/nebulizer more often • Swelling of ankles more than usual • More coughing than usual • I feel like I have a 'chest cold' • Poor sleep and my symptoms woke me up • My appetite is not good • My medicine is not helping 	<ul style="list-style-type: none"> <input type="checkbox"/> Take daily medicine <input type="checkbox"/> Use quick relief inhaler every ___ hours <input type="checkbox"/> Start an oral corticosteroid: _____ <input type="checkbox"/> Start and antibiotic: _____ <input type="checkbox"/> Use oxygen as prescribed <input type="checkbox"/> Get plenty of rest <input type="checkbox"/> Use pursed lip breathing <input type="checkbox"/> At all times, avoid cigarette smoke and inhaled irritants <input type="checkbox"/> Call provider immediately if symptoms don't improve
Red Zone	Actions
<ul style="list-style-type: none"> • Severe shortness of breath even at rest • Not able to do any activity because of breathing • Not able to sleep because of breathing • Fever or shaking chills • Feeling confused or very drowsy • Chest pains • Coughing up blood 	<ul style="list-style-type: none"> <input type="checkbox"/> Call 911 or seek medical care immediately <input type="checkbox"/> While getting help, immediately do the following: _____ _____ _____

Setting Goals



What lifestyle am I working towards?

Where do I want to go?

What do I want to do?

How do I want to feel?

What's preventing me from reaching that life?

What obstacles could I run into?

How will I reach the lifestyle I want?

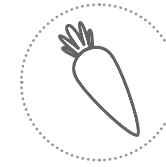
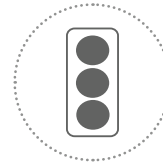
What steps can I break my goal into?

Today's Activity

Can you match the COPD patients below to the correct zone?

How do the symptoms listed determine whether the patient is in the green, yellow, or red zone?

Today Is

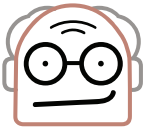


Notes For Today



Michelle is more breathless than normal and doesn't have enough energy to finish daily activities.

Green



Greg slept well and has a strong appetite and activity level today.

Yellow



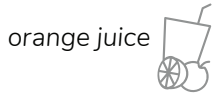
Rebekah is feeling extreme chest pains and shortness of breath.

Red

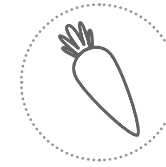
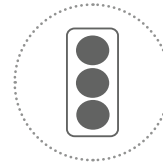
Today's Activity

Can you match the foods below to the correct zone and symptoms?

Imagine how you would feel after eating these foods to help you match them correctly.



Today Is



Notes For Today

Green
energized, strong

Yellow
tired, sluggish

Red
bloated, heavy

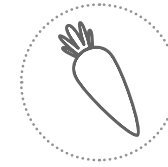
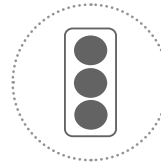
Today's Activity

What do you want to tell your future self?

Try writing a letter about your feelings on your rehab journey, the progress you've made, or moments that surprised or challenged you.

Dear Future Me,

Today Is



Notes For Today

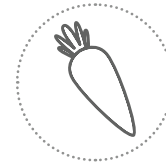
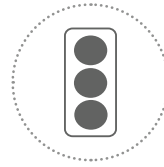
Today's Activity

How far can you trace the swirl while focusing on your breathing?

See if you can inhale as you push your finger forward and exhale as you pull your finger back.



Today Is



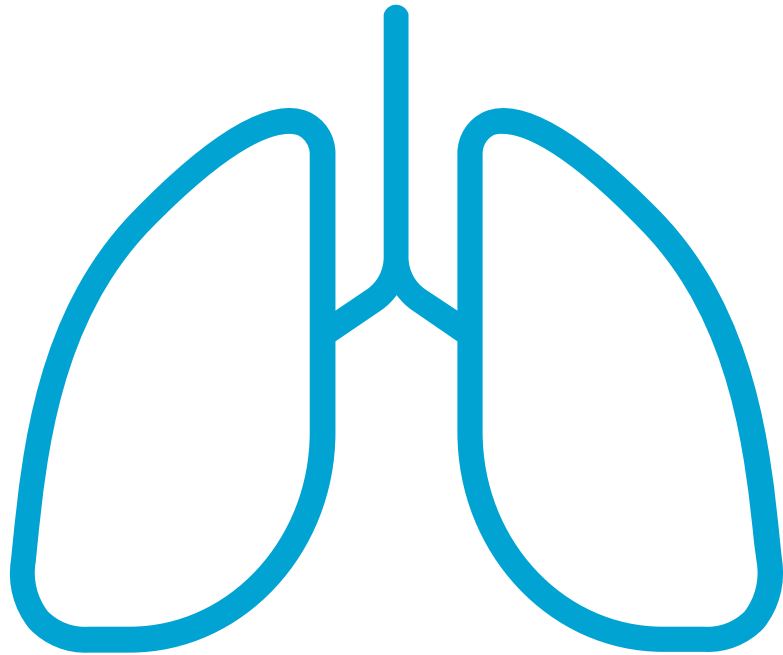
Notes For Today

It's okay if you can't make it all the way around! Try concentrating on a single color segment or build your way up from one segment to the next!

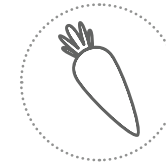
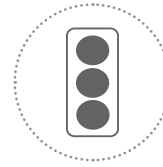
Today's Activity

How do you visualize your lungs?

Try imagining what your lungs feel like, what the process of breathing looks like, or what you want your breathing to feel like as you add detail below.



Today Is



Notes For Today

Today's Activity

Who makes up your support system?

Try to visualize all the people who care about you and make up your support system, from members of your household, to your neighborhood, to the world.

My Home

.....

.....

.....

My Neighborhood

.....

.....

.....

The World

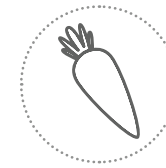
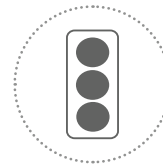
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Remember, every connection counts!

Today Is



Notes For Today

Today's Activity

Goal Check-In



It's time to track your goal progress!

What **steps** have you completed?

Have you reached any **milestones**?

What **obstacles** have you encountered?

How do you want to feel by next check in?

Today's Activity

Can you match the COPD patients below to the correct zone and action they should take?

Use the symptoms listed to determine whether the patient is in the green, yellow, or red zone.



Juliana is unable to fall asleep because she's having severe difficulty with her breathing.

Green

Continue regular exercise and diet



Stacie reached her usual exercise level without an increase in her coughing.

Yellow

Use inhaler regularly (every 4-6 hours)



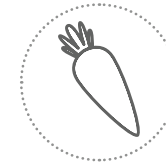
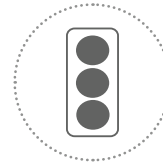
Chen feels more breathless than usual and has used her inhaler once today.

Red

Call doctor, caregiver, or 911 for help

Try using drawings or words to show how you want to feel!

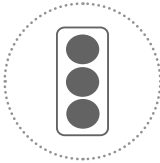
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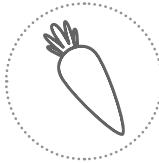
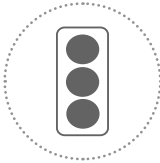
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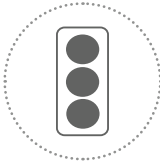
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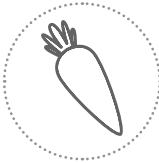
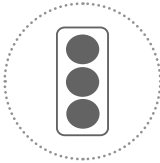
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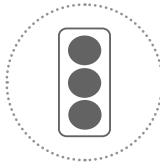
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How do you want to feel by next check in?

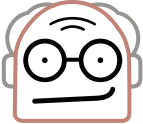
Today's Activity

Can you list the zone each COPD patient is in and what action they should take?

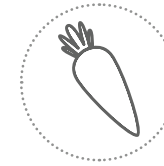
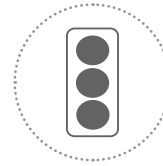
Determine whether the patient is in the green, yellow, or red zone. Then list actions they could take to maintain or improve their situation.

	Zone:
Pam is dealing with a regular level of mucus and coughing	Actions:

	Zone:
Tom is experiencing extreme shortness of breath even at rest.	Actions:

	Zone:
Greg is coughing more than normal.	Actions:

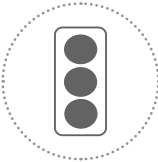
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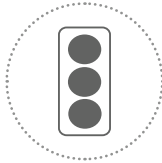
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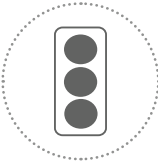
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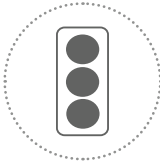
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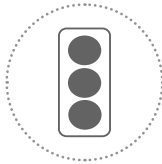
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