

Managing Your Moods

Feeling Frustrated?

Having COPD* may make you feel frustrated... especially if you can't be as active as you once were.

- Take time to understand what is frustrating you
- Find new ways to do things so that you can stay active, such as taking breaks while doing tasks



Fight Worry and Stress

You may worry about shortness of breath, lifestyle changes, and loneliness. Stress and worry use energy. You need energy to breathe. Try these things to help control these feelings:

- Don't worry about future events that may not happen
- Share your feelings and concerns with your healthcare practitioner, (prak-tih-shun-er) family and friends, or a support group
- Stay positive
- Look for humor in little things
- Try yoga or breathing exercises to help reduce stress

What If You Have Depression?

We all feel sad or "blue" at times, but depression (dee-preh-shun) is more than that. Talk to your healthcare practitioner (prak-tih-shun-er) if you have any questions.

Did you know?

Feeling sad, nervous, hopeless, or helpless may be signs of depression. Talk to your healthcare practitioner if you ever feel this way.

*Chronic (kron-ick) obstructive (ob-struck-tiv) pulmonary (pull-muh-nair-ee) disease, including chronic bronchitis (brank-eye-tis), emphysema (em-fuh-zee-muh), or both.

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