

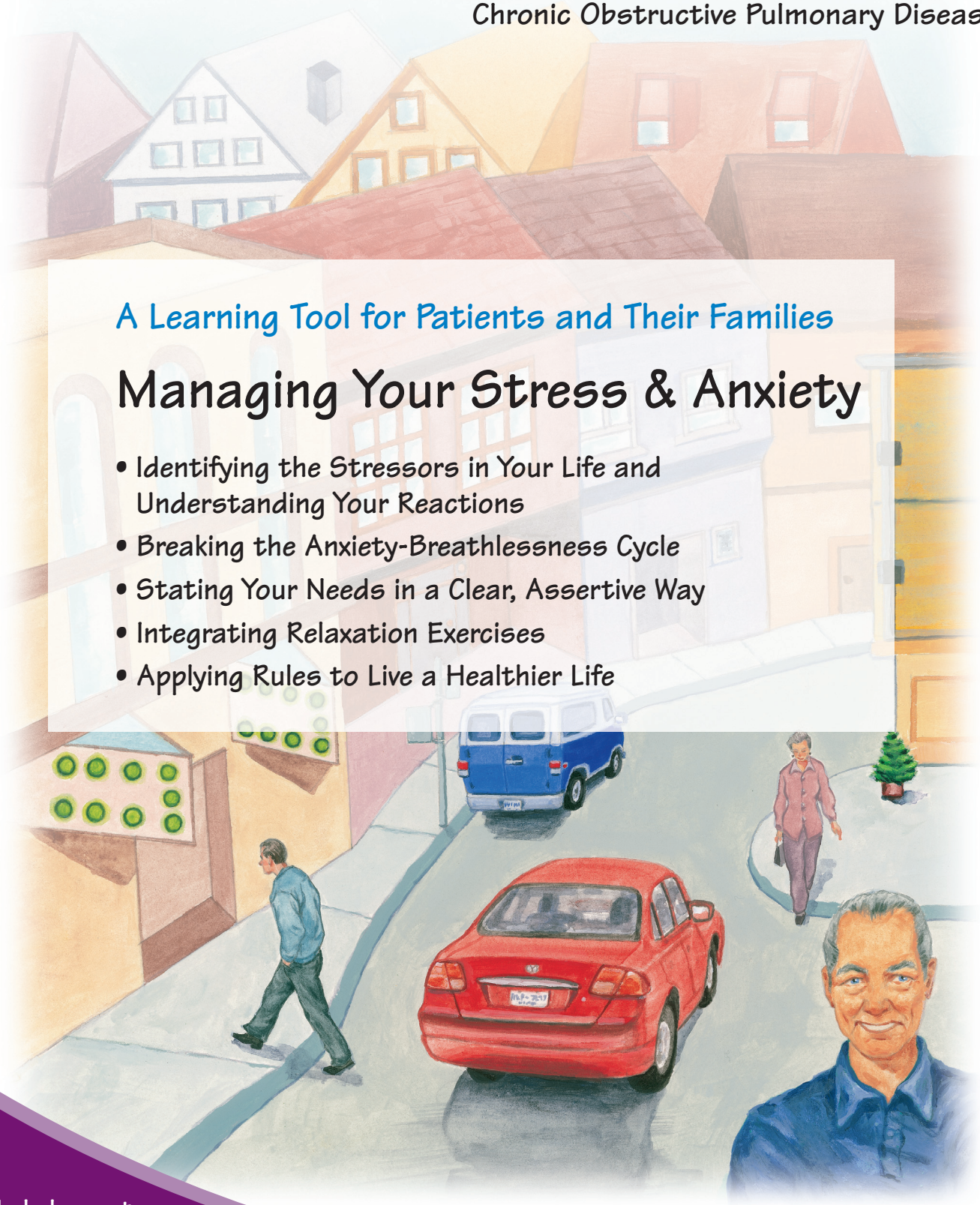
Living well with... COPD™

Chronic Obstructive Pulmonary Disease

A Learning Tool for Patients and Their Families

Managing Your Stress & Anxiety

- Identifying the Stressors in Your Life and Understanding Your Reactions
- Breaking the Anxiety-Breathlessness Cycle
- Stating Your Needs in a Clear, Assertive Way
- Integrating Relaxation Exercises
- Applying Rules to Live a Healthier Life



This guide belongs to:

2nd Edition 2005

The skills you need to manage your COPD

COPD is a disease that can seriously affect every part of your life. Simple activities you once took for granted, such as taking a walk or getting dressed, can become major challenges. Flare-ups, or worsening symptoms – the main cause of hospitalization in people with COPD – can further affect your quality of life. Fortunately, there is a lot that you can do to overcome and prevent these limitations, and improve your well-being. This is why we have created this series of workbooks on COPD self-management.

How can this program help me with self-management of the disease?

This is an educational program in which you learn skills to manage your disease and adopt healthy new lifestyle behaviours. This series of workbooks is part of that program, based on real-life experiences.

Medical experts and patients with COPD – people just like you – worked together to update this program that you can customize for yourself. National¹ and international^{2,3} guidelines agree that patient education and self-management are valuable for people with COPD.

We also tested this educational program as part of a clinical trial. And the results were very encouraging. Patients who used these workbooks in collaboration with their healthcare worker, “case manager” or resource person and physician had fewer hospitalizations and fewer emergency room visits. Their overall health also improved, enabling them to do more of the activities they enjoyed, and better cope with their disease.^{4,5}

This is your guide. Use it to write down your questions or concerns. Share it with people close to you so that they can understand what you are going through. Discuss whatever thoughts and feelings you have with your case manager or resource person and your physician.

Good luck with your program.

Dr. Jean Bourbeau



Montreal Chest Institute,
McGill University Health Centre (MUHC)

Welcome to “Managing Stress and Anxiety” of the learning series Living Well with COPD

Stress is a part of life – and even more so when you are living with a chronic illness like COPD. While it is normal to feel anxious about the changes COPD brings to your life, you must take care not to let yourself be pulled down by negative emotions.

Living Well with COPD means knowing how to control your reactions to stressful situations in your life. It also means clearly communicating your needs, maintaining a positive attitude and learning to relax.⁶

In this module you will learn to:

- ✓ Identify the ‘stressors’ in your life and understand your reactions to them.
- ✓ Break the Anxiety-Breathlessness Cycle.
- ✓ Be more assertive about stating your needs.
- ✓ Relax your mind and body through relaxation techniques: deep breathing and visualization (positive thinking and negative thought stopping).
- ✓ Apply rules to live a healthier life.