

Staying Healthy With COPD

Managing Your Well-being



Ask your healthcare professional

what to do if you are ever feeling sad, nervous, or "down in the dumps." These feelings may be signs of depression.

When you have COPD,* you need more energy to breathe than other people. You may worry about shortness of breath, activity limitation, lifestyle changes, and loneliness. Here are things you can do to help stay positive and healthy.

Reduce worry and stress

Stress and worry use some of the energy you need to breathe.

Try these things to help control those feelings:

- Share your feelings and worries with your family, friends, or a support group
- Try breathing exercises, listening to relaxing music, or yoga to help reduce stress

Enjoy yourself!

Make the most of your free time. Enjoy a hobby or learn something new that interests you, and spend time with friends or family.

Get enough rest

If you have trouble sleeping at night, try these tips:

- Only use your bed for sleep at night
- Do not use your bed for other activities, like watching TV
- Go to bed and wake up at the same time every day
- Don't take naps
- Avoid caffeine 4 to 5 hours before bedtime
- If you can't fall asleep, get out of bed and do something relaxing. Make yourself a cup of warm milk or herbal tea

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

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Staying Fit and Eating Better

Getting started with exercise

Being physically active may help you feel better at all stages of COPD.

To start exercising, try:

- Stretching
- Walking
- Slow dancing
- Riding a bike

Although staying active and eating healthy food will not cure COPD, they may help you feel better by:

- Giving you the strength and energy you need for daily activities
- Helping your lungs and heart work better
- Fighting infections
- Keeping a healthy weight
- Putting you in a better mood

Keep healthy food handy

Have more:

- Protein, such as chicken or fish
- Fruits and vegetables
- Cereals and whole-grain foods
- Dairy products, such as milk or cheese

Have fewer:

- Sugars, such as sodas and candy
- Drinks with caffeine and little nutrition, such as black coffee and tea
- Meals and snacks that contain large amounts of salt, such as vegetable juices or soups

Tips for healthy eating

If you are short of breath when you eat or right after you eat, try to:

- Eat 6 small meals instead of 3 big meals
- Eat while sitting up
- Eat slowly and chew foods well
- Drink liquids at the end of your meal

Ask your healthcare professional

before you start exercising:

- What and how much exercise you should do
- How to use your inhalers while exercising
- What weight is right for you
- What foods are good for you
- How much water you should be drinking

