

COPD Self Management for Life Course Overview

Week 1
Welcome and Introduction
What is Self-management?
What is COPD?
Balancing Life with COPD
Goal Setting
Planning for Action
Closing Comments
Week 2
Welcome and Follow up
What We Believe about Our COPD
Physical Activity with COPD
Pursed-lip Breathing
Sleep
Being Thankful
Planning for Action
Closing Comments
Week 3
Welcome and Follow-up
Handling Challenging or Unhelpful Emotions
Managing Our Breathlessness
Breathing
Becoming and Staying Active for Everyone
Planning for Action
Closing Comments
Week 4
Welcome and Follow-up
Pacing
Communicating with Family and Friends
Socialising with COPD
Introduction to Mindfulness
Solving Problems and Planning for Action
Closing Comments

Week 5
Welcome and Follow-up
Recognising and Managing Setbacks
Muscle relaxation
The COPD Medications we Use
Managing our Medication
Being Positive
Planning for Action
Closing Comments
Session 6
Welcome and Follow-up
Setting the Agenda
Managing COPD Setbacks or Exacerbations
Recognising and Managing Fatigue
Using helpful Distraction
Planning for Action
Closing Comments
Week 7
Welcome and Follow-up
Becoming a Resourceful Self-manager
Making the most of our Visits with the Healthcare Team
Making Choices, Deals and Decisions
Guided Imagery
Planning to Stay Well
Sharing our Successes and Longer-term Goals
Closing Comments: Farewell and Completion of Final Evaluation