

COPD Self Management for Life

Topics	Wk1	Wk2	Wk3	Wk4	Wk5	Wk6	Wk7
Overview of self management and COPD	✓						
Balancing life with COPD	✓						
Goal setting and planning for action	✓	✓	✓	✓	✓	✓	✓
Follow up		✓	✓	✓	✓	✓	✓
What we believe about our COPD		✓					
Physical activity		✓	✓				
Breathing		✓	✓				
Sleep		✓					
Being thankful		✓					
Handling challenging or unhelpful emotions			✓				
Managing breathlessness			✓				
Pacing				✓			
Communication skills				✓			
Socialising with COPD				✓			
Introduction to mindfulness				✓			
Recognising and managing setbacks and exacerbations					✓	✓	
Using your mind					✓	✓	✓
Medications					✓		
Recognising and managing fatigue						✓	
Becoming a resourceful self manager							✓
Making the most of your visits with							✓

the healthcare team							
Making choices, deals and decisions							✓
Longer term goals							✓



Cyn Adnabod Fel Rhaglen Cleifion Arbenigol Cymru
Formerly known as the Expert Patients Programme. Wales