

## **SPACE FOR COPD Manual contents:**

### **Stage 1**

What's happened to your lungs?  
How to get fitter  
Setting your goals  
Managing your stress  
Your emotions  
Controlling your breathing  
Your medication

### **Stage 2**

How to stay fit  
Avoiding and managing days when you feel unwell  
Saving your energy  
The right foods when you feel unwell  
Clearing your chest

### **Stage 3**

How to get stronger  
Managing your stress  
Healthy eating  
Travelling and your lung disease

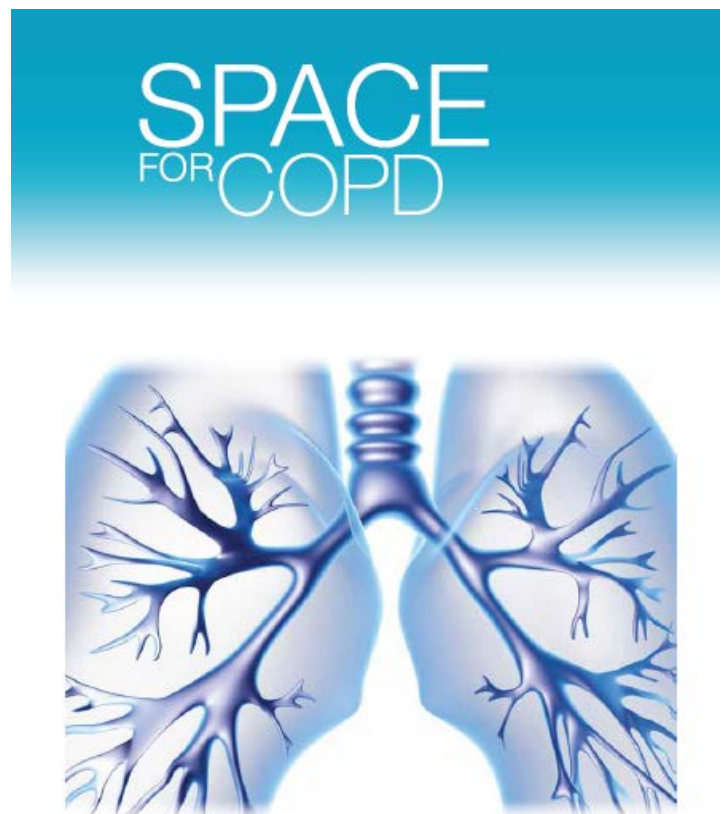
### **Stage 4**

Your hobbies and staying fit  
Your relationships  
Dealing with setbacks  
Sex and your lungs  
Breathe easy

### **Appendix**

Setting your walking speed  
Help for carers  
Advice about oxygen  
Smoking: advice on giving up  
Information about your medication

### **Action Plan**



**S**elf-management **P**rogramme of  
**A**ctivity **C**oping and **E**ducation

Figure S1. Front cover of the SPACE FOR COPD manual