

Name: _____

Date: _____

Living Well with COPD

K K C F D F G G S X Z Y B H D W Z S W Q J W E N
Z H G P K A G N K P M G L D D E V S O F M L Y W
C B C F J L I C I C H N U T R I T I O N R Z H O
O V X Q P L K L M C F R U N M O T I F H P R R F
E Z R E U P N O I T A V R E S N O C Y G R E N E
O D I H R R A E L C Q P F R F F U M H X L H S R
Y P E C S E O X J T I F I P I B Z R N Q D G E I
N W M O E V Y H L V Z A W O A A N S K V T T B M
E I O Y D E D A A Q E T F Q R O A N G G R O D I
O E N C L N P L G B Q C I V I L E N W A W G S N
N S M Q I T R E K A S Y F T I G L L M X Z G O T
U I G W P I I M H S U G A N Y F Y S L L X I N W
T C M U B O O Q F X F X H X Z X K R O E T D N G
N R G Y R N R D L D A A O B T R B W L A N H F D
D E H L E D I I Z L L E Q X O H S K C P J E R A
R X X O A B T D E E H T P W P I E I A L N A F X
E E P S T I I R L U P L L I N K D G W Y J X L R
J U B F H T Z V C U A C G W E E J J P P L I N M
C N M S I Y I A F N I X X Y M X I N S A J F R F
W H N G N H N E N S K I I W P M N G B I J Y Y E
N Q B E G O G I Y O U A R E I N C O N T R O L E
T V L Y C B N Z T L W Q M K S C G R V H P M H O
S P V T H G Y S Y J C Y N M Q G U I F K T Z M N
S K A E R B T S E R D E A X A O G H M G B S E H

pursed lip breathing
fall prevention
rest breaks
nutrition
inhale
oxygen

energy conservation
prioritizing
medication
exercise
pacing

you are in control
work smarter
relaxation
planning
exhale