

Breathlessness diary and action plan

Keeping a diary of your breathlessness can help you to know if you feel more breathless at certain times of the day, or after doing certain activities. This can help you to plan your activities so that you don't feel so breathless.

Breathlessness diary

Every day, write down any activities you do throughout the day and how breathless you feel. Include resting as an activity. You can rate how breathless you're feeling on a scale of 0-10. 10 is the most breathless you can imagine and 0 is not breathless at all. You might find it useful to share this with your doctor or nurse. It can also be helpful to show it to your family and friends, so they can see how breathlessness affects you.

Date: _____	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Early morning							
Late morning							
Early afternoon							
Late afternoon							
Early evening							
Late evening							
Overnight							

Breathlessness diary and action plan

Write down the activities you do throughout the day.
Include resting as an activity.

Date: _____	Activities
Monday	Example: <i>Had a shower</i>
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Managing breathlessness

Weekly planner

Write down the things you need to do this week:

Write down the things you want to do this week. Include activities you find enjoyable and relaxing:

Ask yourself four things about any activity you are going to do:

- Do I want to do it?
- Do I need to do it?
- Is there an easier way to do it?
- Am I happy for someone else to do it for me?

Breathlessness diary and action plan

Look at your breathlessness diary to see when you might be likely to feel breathless. Try and plan your activities so that they're spaced out throughout the week. It might be helpful to plan a rest after any activities that make you feel very breathless or tired.

Day and date	Morning	Afternoon	Evening
Monday _____	Example: <i>Rest</i>	<i>Pick up K from school</i>	<i>Watch a film</i>
Tuesday _____			
Wednesday _____			
Thursday _____			
Friday _____			
Saturday _____			
Sunday _____			

You might find it helpful to share your weekly planner with your friends and family, so they can support you with your activities.

Managing breathlessness

Breathlessness action plan

Write down techniques and medicines that you've tried when you feel breathless – for example, using a fan. Which ones worked well, and which ones didn't?

Think about the techniques and medicines that work well for you. Write down what you will do next time you feel breathless.

This is your breathlessness action plan. You may find it helpful to discuss this with your doctor, nurse or physiotherapist.

Marie Curie

Marie Curie is the UK's leading end of life charity. Whatever the illness, wherever you are, we're with you to the end.

0800 090 2309*

Marie Curie provides free support over the phone in over 200 languages, and via webchat, to anyone with an illness they're likely to die from and those close to them.

Our team, including nurses and specialist Energy Support Officers, offers practical and emotional support on everything from symptom management and day-to-day care to financial information and bereavement support. Visit mariecurie.org.uk/support

We also have an Online Community where you can share thoughts, feelings and experiences at community.mariecurie.org.uk

We can't do it without you

Our free information and support services are entirely funded by your generous donations. Thanks to you, we can continue to offer people what they need, when they need it.

To donate, visit mariecurie.org.uk/donate

* Calls are free from landlines and mobiles. Your call may be recorded for training and monitoring purposes.

