

# Breathlessness diary and action plan

Keeping a diary of when you feel breathless can help you see if it's worse at certain times, or after particular activities. You can then plan to avoid things that will make you feel breathless.

Every day, write down what you do and how breathless these activities make you feel. Include resting as an activity.

You can rate how breathless you're feeling on a scale of 0-10. 0 is not breathless at all and 10 is the most breathless you can imagine.

Date: _____	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early morning							
Late morning							
Early afternoon							
Late afternoon							
Early evening							
Late evening							
Overnight							

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

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

Looking at these together can help you see when you are most breathless. You might find it useful to share it with your doctor or nurse. It can also help to show it to anyone else supporting you, like family or friends.

## Weekly planner

Write down the things you need to do this week:

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

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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?

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.

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

Example:

Day and date	Morning	Afternoon	Evening
Monday <u>16 Feb</u>	<i>Rest</i>	<i>Pick up K from school</i>	<i>Watch a film</i>

Day and date	Morning	Afternoon	Evening
Monday _____			
Tuesday _____			
Wednesday _____			
Thursday _____			
Friday _____			
Saturday _____			
Sunday _____			

## 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 did not?

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

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