COPD and Anxiety

Being unable to catch your breath can be scary. Worry and everyday stress can make breathing problems seem worse. People with COPD may have these feelings (anxiety) when their breathing is not well managed.

Getting help is the first step
Talk to your doctor about your anxiety and:
- How it affects your breathing and your life
- How it affects your sleep
- If there are any medicines that may help
- Any other treatments that may help

Breathing techniques may help your anxiety
Learning how to breathe when you have anxiety may help you relax.
- Slow, deep breathing with pursed lips may help your breathing. It may help you stay more active without getting out of breath.
- Breathing techniques and exercise combined may help you manage your COPD and anxiety.

Anxiety can make breathing harder. Talk to your doctor about how to manage your anxiety and COPD.