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# Breathlessness episode recovery plan for people with COPD

A non-medicated approach to taking back control

If my breathlessness starts to get worse, I'm going to:

The **specific strategies** below help me manage my breathlessness.  
Use **examples** from the user guide that have helped other people, or write your own ideas.

	Examples	Write your specific strategies here:
 <b>Stop</b>	<input type="checkbox"/> Stay calm <input type="checkbox"/> Take a moment	
 <b>Think</b>	<input type="checkbox"/> I know it will go away <input type="checkbox"/> I can do this - I am doing it now	
 <b>Position</b>	<input type="checkbox"/> Flop and drop shoulders <input type="checkbox"/> Lean forward	
 <b>Breathe out slowly</b>	<input type="checkbox"/> Pursed lip breathing <input type="checkbox"/> Breathing around the rectangle	
 <b>Airflow   Cool</b>	<input type="checkbox"/> Use a handheld fan <input type="checkbox"/> Wipe a damp cloth on my face	
 <b>Take back control</b>	<b>Other strategies that work for me are:</b>	

?

**Decide next steps**

Turn to the back page

Learn to control breathlessness, so it doesn't control you

## Do your five

An easy way to remember your plan is 'Do Your Five'.

Put the steps in the order that works best for you.

Hold up your hand to tell people you need some space.



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## Decide next steps

Am I getting better?



✓ Yes

### Return slowly to normal activity

When I'm feeling better, I'll use page 2 to plan for next time.

✗ Not really

### Refer to your COPD Action Plan

If I have one, I keep it here:

### Seek medical advice

If I'm not sure what to do, I'll call a healthcare professional from my contacts on page 2.

### Seek emergency care

If I feel extremely unwell, I'll dial 000 for an ambulance.

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## Reflecting on your breathlessness episode

When you're feeling better, plan for next time

### Reflect

- What made your breathlessness worse?
- What strategies worked well?
- What strategies didn't work well?
- What did others do that was helpful or not?

### Record

Some people may find the 'Breathlessness Episode Diary' in the user guide helpful to see patterns over time.



### Revise and update

If needed, update the strategies in your plan.

Consider asking a healthcare professional for help.

Practise new strategies before your next episode.

## To learn more



Scan here to access the 'How to Use Your Breathlessness Episode Recovery Plan' booklet

Name



Date your plan was last updated

/ /

Remember to discuss updates with people who support you.



### Medical contacts

Healthcare Professional  
Contact 1

Name

Phone

Job

Helped write the plan? ☐

Healthcare Professional  
Contact 2

Name

Phone

Job

Helped write the plan? ☐



### Personal contact for emergencies

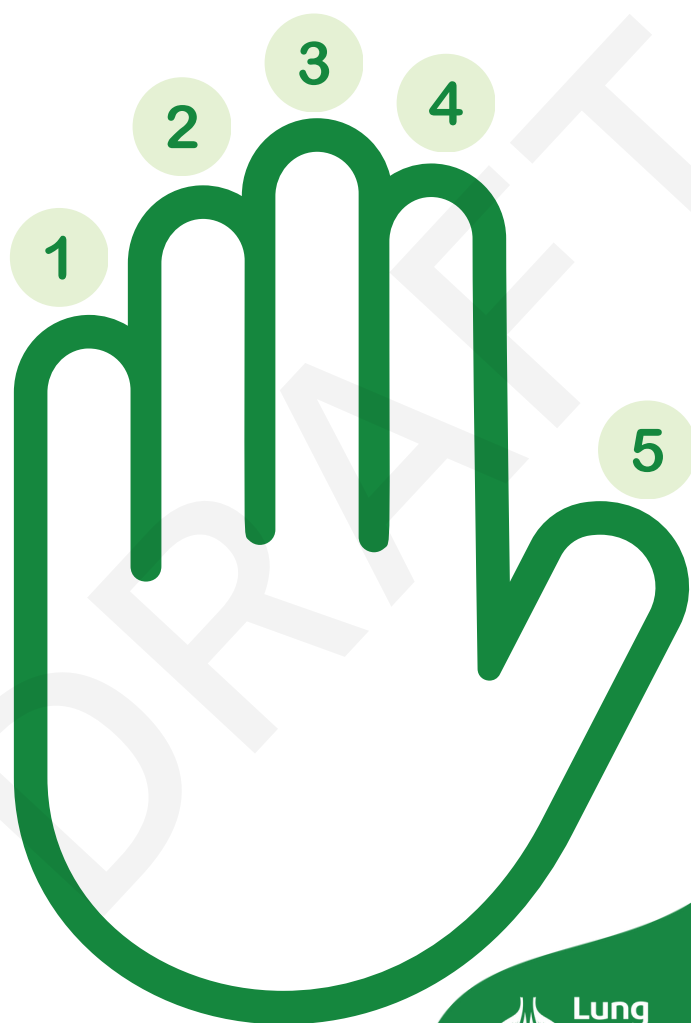
Name

Phone

Relationship

Helped write the plan? ☐

**Do your five**



Version 4.0 [29/10/2025]



**Lung  
Foundation  
Australia**

**Am I getting better?**

Decide next steps



 **Yes**

**Return slowly to normal activity**

 **Not really**

**Refer to your COPD Action Plan**

**Seek medical advice**

**Seek emergency care**

When you're feeling better, plan for next time



Scan here to access  
the 'How to Use Your  
Breathlessness Episode  
Recovery Plan' booklet