

### Resources to Support COPD

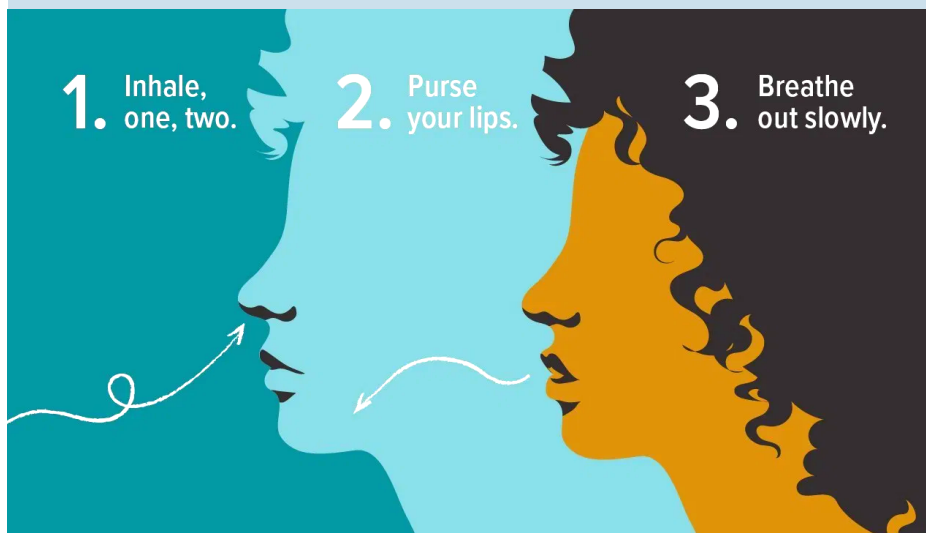
These websites and videos have been selected to help you manage your COPD. Click on the blue-underlined website name to visit that resource page.

1. [BC Lung Association](#)
2. [Breathe - The Lung Association of Canada](#)
3. [COPD Education from Island Health](#)
4. [COPD Flare-Up Action Plan](#)
5. [COPD Learning Center \(HealthLinkBC\)](#)
6. [Living Well with COPD](#)
7. [Provincial COPD Resource Guide](#)



### Pursed Lip Breathing

This breathing technique can help you to focus and calm your breathing. Use this technique when exercising or if you are feeling short of breath. You can watch the tutorial video [here](#), or find more breathing exercises [here](#).



### Staying Healthy

The following resources have been gathered to help support you in staying healthy.

I am struggling with...

- [avoiding exacerbations](#)
- [eating healthy](#)
- [heartburn](#)
- [medications](#)
- [mental health](#)
- [sleeping](#)
- [staying physically active](#)
- [smoking cessation](#)
- [travel](#)

### Programs to Join

These programs will not only provide you with information and support but also connect you with others looking to improve their lung health.

- [Better Breathers of VI](#)
- [My COPD Team](#)
- [Self-Management BC](#)