



steps2wellbeing

## Wellbeing with Breathlessness Course

**Are you struggling  
with depression  
and anxiety due to  
breathlessness or  
COPD?**

### What is CBT?

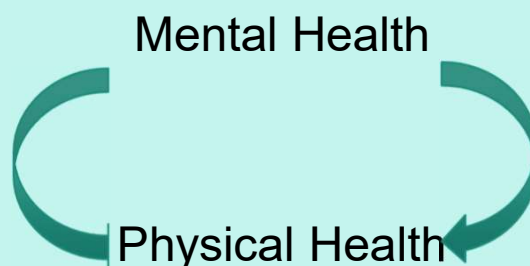
Cognitive Behavioural Therapy involves understanding the link between how we feel, what we are thinking, and how we behave, in certain situations.

CBT is a practical therapy that involves learning about anxiety, and making changes to what we do and how we think, in order to feel better.

### Session Topics

- Understanding COPD and breathlessness
- Dealing with panic and flare-ups
- Adjusting to respiratory illness and common challenges
- Exercise and activity
- Worry management
- Activity scheduling
- Manage stress & emotions – improve sleep & relaxation
- Thought challenging.

This course is a six step plan for self management, aimed at understanding more about breathlessness and depression and anxiety, and looking at practical tools to help.



**If you would like to self-refer or just find out more  
about this free webinar course, please go to  
<https://www.steps2wellbeing.co.uk>**