

Just Breathe

We all know that not being able to breathe is a scary experience. Many people with long-term lung conditions experience mental health problems as well. You might feel anxious, have a low mood, or symptoms of depression. It's very common to experience both anxiety and depression and this may make it even more difficult to cope with your lung condition. Furthermore, ongoing, chronic stress can cause or worsen your health problems.

It is common to feel sad or discouraged after receiving a serious diagnosis, or when trying to manage a chronic condition. You may be facing new limits on what you can do and be concerned about treatment outcomes and the future. It may be hard to adapt to a new reality and to cope with the changes and ongoing treatment that come with the diagnosis. Favorite activities may become harder to do. Temporary feelings of sadness are expected, but if these and other symptoms last longer than a couple of weeks, you may develop depression. A Mental Health Professional can help you handle these life transitions and help you learn to tackle day-to-day challenges of living with a chronic illness.



"A healthy lifestyle is the most potent medicine at your disposal." – Sravani Saha Nakthro

Warning signs:

- Chronic cough
- Shortness of breath
- Chronic mucus production
- Wheezing
- Coughing up blood
- Chronic chest pain

Tips to keeping your lungs healthy:

- Don't smoke
- Exercise regularly
- Minimize exposure to indoor pollutants and outdoor air pollution
- Get regular medical check-ups

Reach out to your CareATC Health Center if you are not feeling well and need to schedule an appointment.

If you are feeling suicidal and need immediate assistance, contact the National Suicide Prevention Lifeline at 800-273-8255 or text 7141741. Help is available 24 hours per day, 7 days a week. **You are never alone.**

Three easy ways to schedule an appointment with your mental health professional:

📞 800.993.8244 🖥️ www.careatc.com/patients 📱 CareATC app

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POWER
TO BE WELL.**