



Your Personal Action Plan

What You Can Do to Help Manage Your ILD Today

People who get the most out of life each day are those who set daily goals, and at the same time, remain flexible. Keeping a daily schedule can be a great way to help you manage everything from household tasks and social outings to exercise and doctor appointments.

Morning

Self-Assessment: Morning is a good time to listen to your body. Understanding how you're feeling each day will help you determine what you can comfortably do.

Nutrition: Start your day off with a nutritious breakfast to get the fuel you need. Ask your doctor about a diet that's right for you.

Check Your Calendar: Modify your schedule to suit how you're feeling each day.

Daily

Self-Assessment: Remember to track your symptoms throughout the day.

Nutrition: Eating well is key to staying healthy and alert. Remember, eating several smaller meals (rather than a few large meals) may prevent feeling too full, which can make it hard to breathe.

Rest Up: Take breaks between tasks if needed, or even take a catnap to give you a bit more energy during your mid-day slump.

Exercise: Remember, exercising will actually allow you to remain more active in the long run. So, if it's part of your plan—follow your doctor's prescribed exercise regimen as closely as you can.

Record: Keep a daily journal and monitor your daily vital signs, exercise routines, and symptoms.

Connect: Spending time with other people is key to your health and overall sense of well-being. Call up a friend, attend an event, or join a support group. Whatever you do—enjoy it.

Play: Spend time each day doing something you like; play a game with a friend or take on a new hobby that you find rewarding. You deserve it.

End of day

Self-Assessment: Now is the time to take inventory. Record how you feel overall, and assess how you might do things differently tomorrow.

Nutrition: Enjoy a nutritious meal for dinner. Eat early enough so it doesn't interfere with the quality of your sleep. Ask your doctor about a diet that's right for you.

Record: Update your daily journal so you have a record for your doctor (vital signs, exercises, symptoms) and prepared questions for your next visit.

Evening Routine: Getting a good night's sleep is critical to your physical and emotional health. Relaxation techniques such as meditation or breathing exercises can make a difference in helping you relax and prepare for sleep.

Prescribed Management Options: Some people require supplemental oxygen or other management options for their condition. Make sure you follow your doctor's prescribed management plan to help you get the sleep you need.