

Holistic assessment of the stresses and resources of the person with COPD



Physical

Movement/fitness
Inhalation
Smoking
Exacerbations
Vaccinations
Sleep/relaxation



Social

Relatives
Social contacts
Sexuality/intimacy
Hobbies
Home
Pets
Finance



Mental

General state of mind
Anxiety
Depression
Stress
Energy levels
Pleasure/passion



Spiritual

Faith
Knowledge/wisdom
Meditation
Compassion/tolerance
Music/culture
Nature

