Have You Tried These Hobbies for COPD?

by AMY MANLEY

Hobbies for COPD You Can Start Today

The breathlessness associated with chronic obstructive pulmonary disease (COPD) often causes people living with this condition to stop doing the hobbies they once enjoyed. While it's easy to put a stop on your life when you're faced with the anxiety and fear that can come along with COPD, it's extremely important not to.

When you allow your hobbies to become a memory, you put yourself at higher risk of developing mental health conditions, especially depression. If you think your life must be put on hold because of your COPD, you'll be happy to learn there are many hobbies you can still do and enjoy despite your symptoms.

By learning more about the hobbies you can still take part in with COPD, you can start enjoying life again and living each day to its fullest.

Puzzles

Doing puzzles offers a wide range of benefits. They are a simple hobby that you can do sitting down, which also provide your brain with the stimulation it needs to fight off age-related conditions like dementia.

You could do jigsaw puzzles, crossword puzzles, or other brain teasers like wire puzzles and tangrams. You can also download brain games on your phone or tablet to make them easily accessible — there are literally thousands to choose from!

Gardening

Whether gardening is something you've loved all your life, or something new to you, almost anyone can benefit from working their green thumb. If you find gardening difficult with your COPD, you can get gardening tools to accommodate your condition.

Some tools that are great for making gardening easier with COPD include light-weight diggers, long-handed tools, a small stool to sit on to prevent bending, and a little bench for kneeling. You'll find gardening is a breeze when you utilize these tools.

Opt for flowers that bloom annually rather than ones that need replanting, and use a wagon or cart to move your tools around. If tending to your big yard becomes too much, you can still look after smaller areas or planter boxes.

Reading

Reading is a fantastic way to escape your everyday life for a while, while keeping your brain active. If you have trouble getting to the library or book store, or struggle to hold a giant hardback, consider getting an e-reader.

An e-reader allows you to hold hundreds of volumes in your hand, and means you don't have to travel anywhere to get new books. A couple of clicks of the mouse is all it takes to buy a new novel, and there are thousands of copyright expired books available for free.

Cooking

Cooking is a favorite hobby for many because you not only get to enjoy the activity, but you’re rewarded with (hopefully) delicious dishes to try out at the end of the process. By making a few simple changes, you can still cook up a storm without aggravating your condition.

If you have a difficult time standing in the kitchen because of your COPD, try sitting on a stool while you work. Gather all the ingredients you'll need for the dish you're cooking before you start, so you don't need to keep getting up to look for things, and when cleaning up, don't try to scrub pots or pans; leave them to soak and come back to them.

Getting Out and About

Getting out and enjoying the area around you is as good a hobby as any. While some people are tempted to allow their COPD to keep them immobile, this can actually make your condition progress faster and will cause you to feel isolated.

Visit places around town you’ve always wanted to see, like a museum or art exhibit. In most cases there’s plenty of sitting space where you can relax and enjoy the scenery without being uncomfortable.

These are just some of the COPD friendly hobbies you can do. Others include, but are not limited to golf, knitting, meditation, walking and yoga.