

# Living Well with Interstitial Lung Disease (ILD)



## Pace yourself

- Listen to your body to know when you need to slow down.
- Pushing yourself can make your symptoms worse.



## Stay active

- Stretching exercises: every day
- Aerobic exercise: at least 3 times/week for 20 to 30 minutes each time
- Strength-building exercises: 2 or 3 times/week



## Eat healthy

- Use the Plate Method to eat a balanced diet
- Eat small meals.
- Make breakfast your largest meal.
- Cut back on salt.
- Eat foods with fibre.
- Avoid foods that cause gas or bloating.
- Make water your drink of choice.



## Manage your stress

- Practice breathing exercises like pursed-lip breathing and belly breathing.
- Listen to soothing background music or nature sounds using an app or recordings.
- Exercise.



## Quit smoking

- Having a plan and support is important to helping you quit.
- Nicotine replacement therapy, medications and counselling can help you.



## Plan for your future

- Planning helps you, your loved ones and your healthcare team know what's important to you.
- Planning makes it less stressful for your family if they have to make difficult decisions about your care.

**B R E A T H E**  
the lung association