**COPD VIDEO RESOURCES**

**Videos**

* [Pursed Lip Breathing [video]](https://www.lung.org/lung-health-diseases/lung-disease-lookup/copd/patient-resources-and-videos/pursed-lip-breathing-video)  
  Learn how to use pursed lip breathing to help with shortness of breath from COPD, asthma or other lung diseases with the American Lung Association.
* [Karen's Story: COPD [Video]](https://www.lung.org/lung-health-diseases/lung-disease-lookup/copd/patient-resources-and-videos/karens-story-copd)  
  Being diagnosed with COPD can be an isolating and scary experience. But after joining an American Lung Association Better Breathers Club, Karen found a community that understands exactly what she was going through.
* [How to Use a Nebulizer [video]](https://www.lung.org/lung-health-diseases/lung-disease-lookup/copd/patient-resources-and-videos/how-to-use-a-nebulizer)  
  Learn how to properly use a nebulizer to take your COPD or asthma medication.
* [How to Clean a Nebulizer [video]](https://www.lung.org/lung-health-diseases/lung-disease-lookup/copd/patient-resources-and-videos/how-to-clean-a-nebulizer)  
  Learn how to properly clean a nebulizer with the American Lung Association.
* [Belly Breathing [video]](https://www.lung.org/lung-health-diseases/lung-disease-lookup/copd/patient-resources-and-videos/belly-breathing-video)  
  Learn how to use belly breathing to help with shortness of breath from COPD, asthma or other lung diseases.

<https://www.lung.org/lung-health-diseases/lung-disease-lookup/copd/patient-resources-and-videos>