



Enjoying Intimacy



What does intimacy mean to you?

- Holding hands
- Cuddling
- Kissing
- Sex
- Going for a romantic dinner
- Going for a walk in the park
- Talking



Types of intimacy

- Intellectual
 - Sharing thoughts and ideas
- Emotional
 - Sharing feelings and showing empathy
- Experiential
 - Sharing activities
- Sexual
 - Sensual experiences or expressions

Intimacy

- Intimacy is not limited to physical sexual activities
- Emotions created by a romantic dinner, soft music and simply touching can also create greater intimacy between you and your partner
- Intimacy can be a source of relaxation and pleasure
- All your senses may be engaged
 - Sight, hearing, scent, taste and touch



Physical Intimacy

- One area that is often neglected in patients with chronic lung disease is sexuality
- Some individuals are afraid they will become short of breath when becoming physical sexually, and so they start avoiding it
- Sexuality is a very important part of one's life - It is a need just like eating, exercising and sleeping

Tips

- Explore your likes and dislikes
- Share your feelings with your partner
- Be creative
 - Do not limit yourself to intercourse
 - Create a romantic setting
 - Touch, cuddle, kiss
 - Take your time
- Avoid triggers

What strategies can reduce shortness of breath during physical intimacy

- Use breathing and relaxation techniques
- Stay in shape with regular exercise
- Use your oxygen
- Take your reliever inhaler beforehand
- Use positions that require less energy
 - Do not put pressure on your chest
 - Use pillows to support your back
 - See the handout provided
- Let your partner take a more active role

Summary

- Intimacy is a source of relaxation and pleasure
- Living with a lung disease does not mean you cannot have intimacy in your life
- Use the strategies discussed today to improve your level of satisfaction
- Enjoy life fully

