

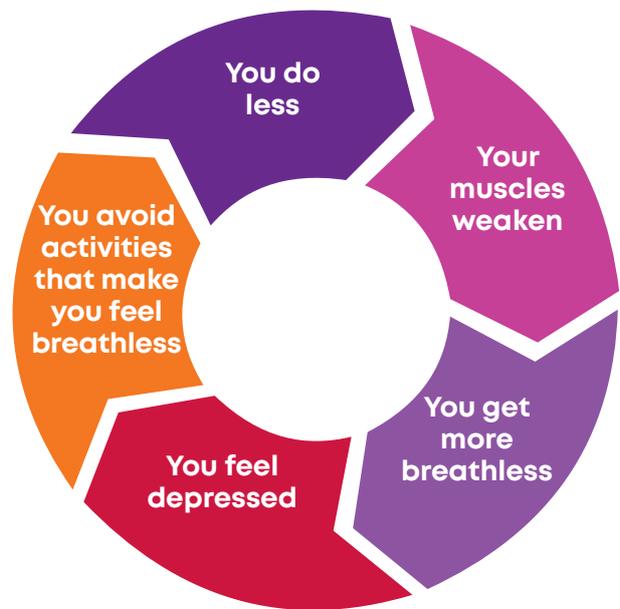
Effects of breathlessness on your lifestyle

Information for Patients

When it's hard to breathe, it's normal to get anxious, making you feel even more short of breath and lead you to avoid activity. Avoiding activity can then make you feel defeated or depressed.

You feel breathless →

Better Breathing Tip: It's normal to hold your shoulders tense and high. Before starting any breathing technique, take a minute to draw the shoulders down, close your eyes and relax.



Benefits of Pursed Lip Breathing

- Slows your breathing down
- Keeps airways open longer so your lungs can get rid of more stale, trapped air
- Reduces the work of breathing
- Increases the amount of time you can exercise or perform an activity
- Improves the exchange of oxygen and carbon dioxide

Pursed Lip Breathing

1. Breathe in through your nose (as if you are smelling something) for about 2 seconds.
2. Pucker your lips like you're getting ready to blow out candles on a cake.
3. Breathe out very slowly through pursed-lips, two to three times as long as you breathed in.
4. Repeat.

Relaxed Breathing

This technique is best used when you're feeling rested and relaxed, and while sitting back or lying down. Practicing regularly will help you to be able to use this technique when you are breathless.

1. Relax your shoulders.
2. Place one hand on your chest and the other on your belly.
3. Take a normal breath in through your nose, filling out around your waist. Your hand on your belly should move first.
4. As you breathe out through your mouth, relax or 'let go' your shoulders, upper chest and arms.
5. Count as you breath in and breathe out, using a rate that suits you.
6. Practice five to ten times, and repeat throughout the day.