

Changing the way you breathe

This handout offers tips that may help you improve your breathing or use breathing to relax or save energy.

Changing the way you breathe can help

- Helps you relax
- Helps when you are short of breath
- Makes breathing easier
- Helps save energy

Controlled breathing

- Relax and try to breathe quietly and gently
 1. Rest one hand lightly on stomach and one hand on chest
 2. Relax your muscles in your chest and neck
 3. Breathe in slowly through your nose, letting your stomach get bigger
 4. Breathe out through your mouth, pulling in your stomach

Pursed lip breathing

- Purse or pucker your lips
- Close your mouth
- Breathe in through your nose for the count of 2
 - Breathe in like you are filling up your lungs like a big balloon
- Breathe out through your mouth for the count of 4
 - Breathe out like you are blowing out a candle

Ways to help save energy

- Keep things you need near you
- Put your bed near the bathroom or use a commode
- Plan your activities
- Ask for help if you need it
- Carry a portable or cell phone with you

The content in this letter is intended as general information and may not apply to you or your condition. Talk to your doctor about how to best use this information and how to take care of your medical condition. This information is not intended to provide or replace professional medical advice or services.
