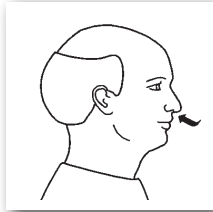


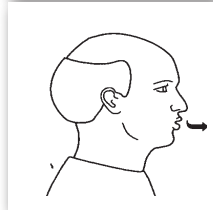
BREATHING AND RELAXATION

Technique 1

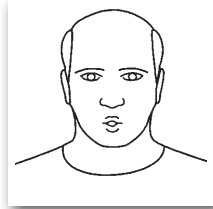
Pursed Lip Breathing: A technique that helps to control breathing rate and improve shortness of breath.



1. Breathe in slowly through the nose.



2. Pause.

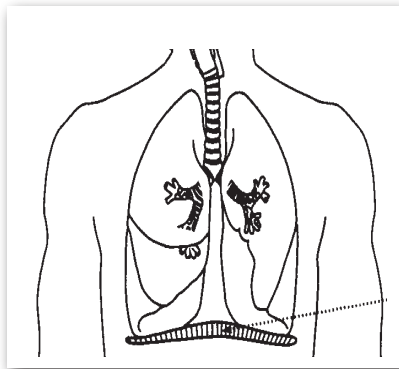


3. Exhale slowly through pursed lips. Do not force the air out, and do not let cheeks relax or “balloon out”.

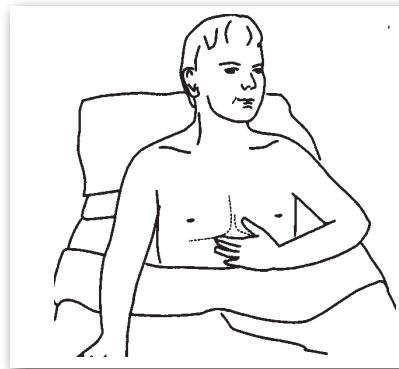
Technique 2

Diaphragmatic Breathing: A technique that helps to create more room in the chest cavity for the lungs to expand and helps draw air into the lungs.

1. In a comfortable position, place one hand on the abdomen, below the rib cage and above the belly button. Breathe in slowly through the nose.



Diaphragm



2. This type of breathing can be done sitting, lying down, standing, or walking.

BREATHING AND RELAXATION

Technique 3

Relaxation Techniques: These can be used to relieve shortness of breath.

Lying

- Lie on side, leaning on three or four pillows.
- Keep head up and shoulder supported.



Sitting (Position 1)

- Sit at a table, lean forward, resting arms on table.
- Rest head on a pillow.



Sitting (Position 2)

- Sit in a chair, lean forward, resting forearms on thighs.



Standing (Position 1)

- Lean forward, support arms on a stable object near shoulder level, resting head on forearm.



Standing (Position 2)

- Lean back against a wall, relax shoulders, let arms hang loosely.

