

Elara Caring

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Breathing Easier

Practical Things You Can Do When You Are Short of Breath

#3 Pursed Lip Breathing

Quickly control and slow your rate of breathing.

- Clear your nasal passages as needed (blow your nose, etc.).
- Breathe slowly and gently IN through the nose and OUT of the mouth through pursed lips (pretend you're blowing out a candle).
- Breathe OUT for twice as long as you breathe IN.
- Do not force the air out.
- Repeat as needed.

#4 Forward Bending Breathing

Relieve temporary breathing difficulty.

- Perform while sitting.
- Bend slightly forward from the waist, but keep back straight.
- Avoid slumping or curving your back forward (open those lungs)!
- Breathe slowly and gently IN through nose and OUT of mouth through pursed lips (as if blowing into a trumpet).
- Breathe OUT twice as long as you breathe IN.
- Do not force the air out.
- Repeat as needed.

#5 Diaphragmatic (Abdominal) Breathing

Strengthen your breathing muscles so you can use less energy when breathing.

- May be performed lying down, sitting or standing.
- Clear your nasal passages as needed (blow your nose, etc.).
- Place one hand over your stomach and the other hand on your chest.
- Breathe slowly and gently IN through the nose - allow your stomach to

Do you have questions or concerns?

We Can Help
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