

## PURSED LIP BREATHING

### What is Pursed Lip Breathing?

It is a basic technique you can use to breathe more effectively. You can control your breathing rather than your breathing controlling you. It is especially helpful when you feel wheezy and/or are exerting yourself.

### What does Pursed Lip Breathing do?

- Relieves breathlessness and reduces the accompanying panic and anxiety.
- Allows you to exhale your stale air and make room for a new breath. It splints the airways open so more air can travel in and out.

### Pursed Lip Breathing Technique

1. Relax. Drop your shoulders.
2. Breathe in slowly through your nose (top figure at right). You don't need to take a deep breath, just a normal breath.
3. Pause slightly.
4. Purse your lips as though you were whistling and breathe out gently and slowly. **Remember not** to force the air out. (bottom figure at right)
5. Breathe out twice, as long as you breathed in.
6. Try not to breathe too quickly.



Pursed Lip Breathing should feel comfortable and let you do more activities comfortably. With regular practice, this technique will seem natural to you.