

When you are short of breath, you need to relax and control your breathing. Breathlessness in itself is not harmful. Don't avoid becoming short of breath on the assumption that it is bad for you.

Should you become **Short Of Breath**, try to follow these steps:

1. Keep calm, relax your neck and shoulders.
2. Remove yourself from the area if there is a trigger (i.e. cat, strong order, smoke, etc).
3. Stop and rest in a comfortable position (see below).
4. TRY not to gasp for air.
5. Breathe in slowly through your nose.
6. Purse your lips, breathe out slowly, like whistling.
7. Breathe out twice as long as you breathe in.
8. Once you have regained control of your breathing, continue with your activity.

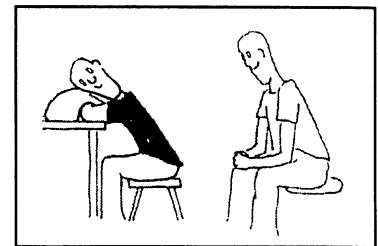
Pace yourself, but don't limit your activity.

Remember:

Being **Short Of Breath**, on effort, is uncomfortable but not in itself harmful or dangerous. Practicing the following positions with breathing control will help you stay more comfortable when you do get short of breath. The fear of breathlessness is what you need to control. Knowing what activities cause breathlessness and using your pursed-lip breathing help keep you from overacting when it happens.

Relaxed Sitting

Lean forward resting forearms on thighs with wrists and shoulders relaxed, allowing for free movement of the diaphragm. Lean forward onto table while sitting.



Leaning

Spread arms apart, resting on forearm over the surface, on a counter top, windowsill, bar, etc. Relax your shoulders. Stand with one leg slightly forward, bent at the knee.

