

MANAGING YOUR BREATHLESSNESS: A STEP-BY-STEP GUIDE

IF YOU ARE FEELING BREATHLESS

- 1** Stop and find a comfortable position while sitting or standing



- 2** Then go into a forward leaning position (sitting or standing)



- 3** Use one or both of the following breathing techniques:

a Pursed Lip Breathing

Start pursed lip breathing and repeat until you feel better.

Step 1: Breathe in through your nose



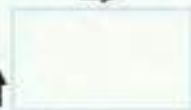
Step 2: Breathe out slowly through a small hole between your lips. Try to blow out longer.

Blow Out



Breathe In

You may also imagine a rectangle and try to breathe around the rectangle. This will help you to visualise taking longer breaths when blowing out.



- 4** Use a hand-held fan while performing pursed lip breathing to help you feel more comfortable

- Hold the fan approximately 15cm away from your face
- Aim the air toward the center of your face

- 5** Take a short-acting-inhaler (if required)



Refer to your ACTION PLAN (if applicable) or seek MEDICAL ATTENTION if your breathlessness does not improve

Air Master by