What does pursed-lip breathing do?
If you are short of breath, this exercise can slow your breathing and help you breathe better. It will:

• Keep your airway open longer.
• Help you regain control if you have trouble catching your breath.
• Make it easier to breathe.
• Move old air out of your lungs and let new air in.
• Make you feel more relaxed.

When should I use pursed-lip breathing?
You should use it when you:

• Are short of breath.
• Feel anxious or stressed.
• Are active. For example:
  – Walking or climbing stairs
  – Bending or reaching
  – Bathing, getting dressed or doing housework.

How is it done?

Breathe in:
Relax your neck and shoulders. Then, breathe in slowly through your nose for at least 2 counts.

Breathe out:
Purse your lips as if you were going to whistle or blow out a candle. Then, breathe out slowly and gently through your pursed lips for at least 4 counts.

Tips

• Breathe out for a longer time than you breathe in.
• Do not hold your breath.
• It will get easier with practice.