

Pursed-Lip Breathing

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.



Count 1 – 2



Count 1 – 2 – 3 – 4