

Breathing technique to reduce shortness of breath

Pursed-lip breathing

Steps to follow

Step 1



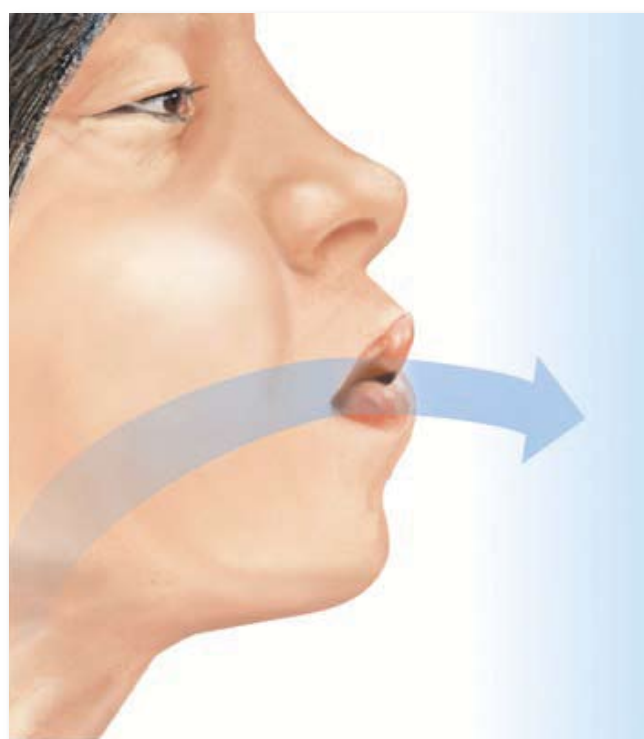
Inhale slowly through your nose until you feel that your lungs are filled with air.

Step 2



Purse your lips as you would if you were whistling or about to kiss someone.

Step 3



Exhale slowly while keeping your lips pursed. Make sure to take longer to breathe out than you would to breathe in. Remember to keep your lips pursed.

Do not force your lungs to empty.