

# Body positions to reduce shortness of breath

## Sitting Positions



A

- Place both feet on the ground
- Lean your chest forward slightly
- Rest your elbows on your knees
- Rest your chin on your hands



B

- Place both feet on the ground
- Lean your chest forward slightly
- Rest your arms on a table
- Rest your head on a pillow

## Standing Positions



A

- Lean your chest forward slightly
- Rest your hands on your thighs



B

- Rest your elbows on a piece of furniture
- Rest your head on your forearms
- Relax your neck and shoulders



C

- Rest your hands on a piece of furniture
- Avoid “grabbing the table” while using this position. This can overwork some of your accessory breathing muscles and cause breathlessness if you hold the position too long.