



Relaxed Breathing with Prolonged Expiration

While sitting, place one hand on your chest. Place the other hand on the soft part of your belly, just where the ribs spilt. As you take a normal breath in, the hand on your belly should move first.

- Take slow normal breaths, breathing in through the nose, filling out around your waist. Breathe out through the mouth, without any force, making the breath out longer than the breath in.
- As you breathe out, relax or 'let go' your shoulders, upper chest and arms.
- Try different rates of breathing to find a rate that suits you. Count as you breathe in ('1, 2') and breathe out ('3, 4, 5').
- Practice doing 5 to 10 relaxed breaths, 5 to 10 times a day. Link your practice to something you do on a daily basis. For example, practice after each meal, when you wake up and before you go to bed.
- Practice relaxed breathing at rest and in different positions such as sitting or lying. You will then be able to use this when you are breathless.

