

Managing Shortness of Breath

- After being in hospital or having COVID -19 you may become short of breath easily. Being short of breath can make you feel anxious and breathe faster, which makes the shortness of breath worse. Staying calm and trying these tips may help.

- See your health care provider if you feel very short of breath and it does not get better with these positions or techniques.



High Side Lying

- Lie on your side.
- Support your head and neck with pillows.
- Bend your knees slightly.



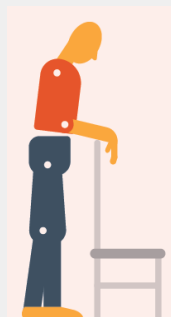
Forward lean sitting (Tripod)

- Sit at a table.
- Lean forward at your waist.
- Rest your arms on the table.
- Relax your neck and shoulders.
- You can rest on a pillow.



Forward lean standing

- Stand in front of a steady surface like a chair, counter, or wall.
- Lean forwards at your waist.
- Rest your hands or forearms on the back of the chair, countertop, or at shoulder height on a wall.



Forward lean sitting (no table)

- Sit on a chair.
- Lean forward at your waist.
- Rest your arms on your lap or the armrests of the chair.



Breathing Techniques

- Combine with any of the Positions to Help Shortness of Breath to make breathing easier.

Paced breathing: Helps prevent shortness of breath during activities like climbing stairs or walking up a hill

Tips

- Do not rush. Rest is as important as the activity!
- Break the activity into smaller activities.
- Breathe in before the activity, such as preparing to pick up a box.
- Breathe out during the activity, such as when you lift up a box.
- Try breathing in through your nose and out through your mouth.
- Do not hold your breath during the activity.

Controlled breathing

Helps you relax and control your breathing

- Sit or stand so you are comfortable and supported.
- Put one hand on your chest and the other on your stomach.
- Close your eyes and focus on your breathing.
- Slowly breathe in through your nose. The hand on your stomach should rise more than the hand on your chest.
- Slowly breathe out through your mouth.
- Make your breaths slow, smooth, and relaxed.



Pursed Lip Breathing

Helps make breathing easier and ease feelings shortness of breath

- Sit in comfortable position with arms supported and neck and shoulders relaxed.
- Slowly breathe in through your nose while counting to 2.
- Purse your lips like you are blowing out a candle and slowly breathe out while counting to 5.



Humming Exercise

- Sit on the end of a bed or sturdy chair
- Put your hands on the sides of your stomach
- Keep your mouth closed and slowly breathe in through your nose. You should feel your stomach rise
- With a full breath and a closed mouth, breathe out through your nose while humming. As you make a “hmmmmmm” sound you should feel your hands and stomach lower
- Repeat slow breaths and humming x 1 min

From a Yawn to a Smile

Movement with deep breathing helps improve coordination and build arm and shoulder strength. The stretching motion opens muscles in your chest letting your diaphragm expand.

- Sit on the end of a bed or sturdy chair
- Raise arms overhead like you would during a big stretching yawn
- Lower your arms and smile for 3 seconds
- Repeat x 1 min