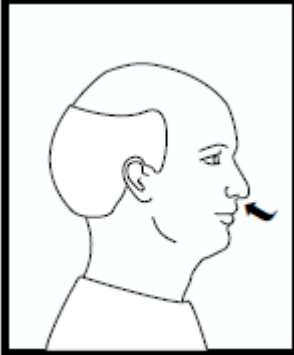
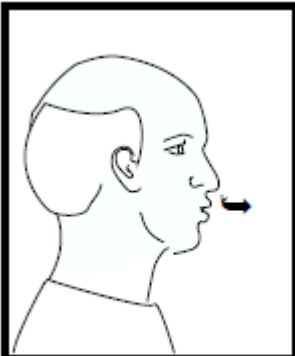
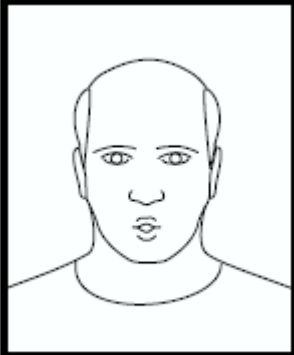
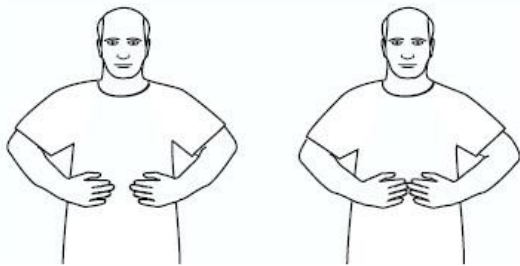


Breathing exercises	Descriptions
<p data-bbox="237 319 555 361">Pursed Lip Breathing</p>  <p data-bbox="370 772 626 802">Inhale through the nose</p>  <p data-bbox="370 1251 656 1281">Exhale through pursed lips</p>  <p data-bbox="357 1688 643 1717">Exhale through pursed lips</p>	<p data-bbox="821 457 1351 621">Pursed lip breathing is a technique that helps to control your breathing rate and improve your shortness of breath.</p> <ol data-bbox="821 756 1380 1549" style="list-style-type: none"> <li data-bbox="821 756 1308 835">1. Breathe in slowly through your nose.</li> <li data-bbox="821 886 954 928">2. Pause.</li> <li data-bbox="821 1012 1380 1134">3. As you breathe out, part your lips just enough to let a steady stream of air out.</li> <li data-bbox="821 1222 1380 1344">4. Your breath out should be twice as long as your breath in. Keep your lips pursed.</li> <li data-bbox="821 1432 1347 1549">5. Do not try to force the air out. Do not let your cheeks relax or 'balloon out'</li> </ol>

## Diaphragmatic Breathing



The diaphragm is made up of two large, dome shaped muscles located just below the lungs. When they are tightened (contracted), there is more room in the chest cavity for your lungs to expand. The diaphragm also pulls the lungs downward and helps draw air into the lungs.

1. In a comfortable position, place one hand on your abdomen above your belly button. Breathe in slowly through your nose.

2. Feel your belly rise slowly as you breathe in. Let the air out through pursed lips. The upper part of your chest should stay relaxed.

3. Once you are able to do this type of breathing both sitting and lying, try using it while standing and walking.