

## PACING

Avoid rushing. Breathless people often rush as they wrongly believe if they move quicker they will be less breathless when they get there.

Pace your breathing for example when walking take a breath in every two steps and a breath out every two steps.

On the stairs take a breath on the first step and a breath out on the next, repeating this pattern as you go.

Be aware of your breathing to ensure you are not holding your breath.

If you have any questions, or concerns, please speak to a member of staff or call 01474 320007.

*ellenor.*<sup>+</sup>

# MANAGING BREATHLESSNESS

Part of providing the best care and support for families, means being there for as long as a family needs us.

You can help us to be there, when we're needed.

Please speak to a member of staff or visit our website for ways you can help.

Thank you

[www.ellenor.org](http://www.ellenor.org)

ellenor is the operating name of Ellenor Lions Hospices a charity registered in England and Wales (1121561), and a company limited by guarantee (6302132). Registered office at Coldharbour Road, Gravesend, Kent, DA11 7HQ.

ellenor cares for the whole family

## BREATHING CONTROL

Is gentle breathing to help you make the most of your lung capacity.

You need to be in a relaxed supported position, for example resting in a chair with your head supported, or lying on a bed.

Place a hand on your tummy just above your belly button. Relax your shoulders and arms. Let your elbows rest by your sides.

Feel the movement of your breathing under your hands.

As you breathe in your tummy should rise.  
As you breathe out your tummy should fall.

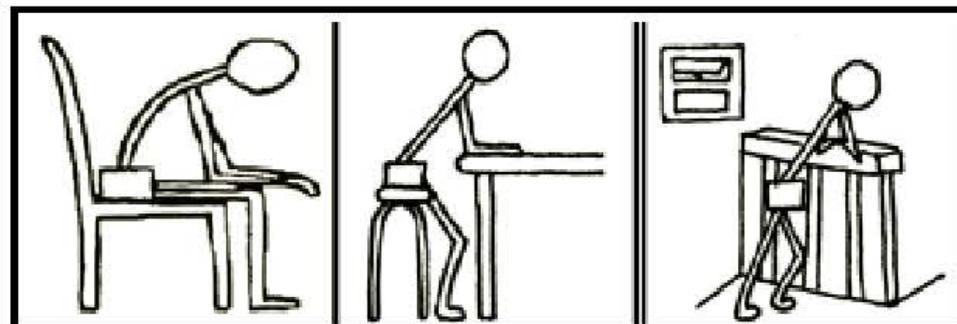
If possible, breathe in through your nose and out through your mouth.

Sigh each breath out smoothly and quietly taking only the air you need.

Try and complete these exercises 3 to 4 times a day for at least five minutes.

You can use this throughout the day, but also at the start of any relaxation.

## POSITIONS TO EASE BREATHLESSNESS



When you become very breathless after activity these positions should help you recover your breath and make breathing more comfortable. You will need to experiment to find out which positions suit you best.

### HOW THEY WORK

Breathing recovery positions fix the shoulders still so they support the breathing muscles, pull on our ribs and draw in the air. Leaning forward may improve the movement of your diaphragm.

A fan blowing on your face may make you feel more comfortable when you are extremely breathless.

### PURSED LIP BREATHING

Narrowing your mouth slightly may make breathing easier. Pursed lips create back pressure that splints your airways open.

Gradually narrow your mouth until you feel breathing becomes easier. It doesn't help everyone.