

ellenor.⁺

MANAGING
BREATHLESSNESS:
THE CALMING
HAND

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

ellenor cares for the whole family

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.

The **calming hand** is a tool used for teaching control of panic attacks. It also works well with episodes of breathlessness.

This simple technique guides you through the key points to remember when experiencing an episode of panic or breathlessness.

ACCEPTANCE

Recognise the signs of panic and that they are not sinister.

Hold your thumb firmly whilst reminding yourself of what to do next. This will help to calm your breathing.

SIGH OUT

This enables you to relax your shoulders and upper chest (remember to Flop and Drop)

If possible, try to breathe out for longer than you breathe in.

INHALE

Take a slow and gentle relaxed breath - **slowly** in, followed by...

EXHALE

A gentle breath out. Relaxed breathing helps to relieve the sensation of breathlessness.

STRETCH HANDS, RELAX AND STOP

Hand stretching is helpful when having an acute episode of panic; it is also acceptable to do in a public place.

After completing the **calming hand**, your feelings of panic/ breathlessness may not go away instantly. You may need to follow steps 1 -5 again. Sometimes, it may take longer for the panic to subside.

When the panic settles, it is advisable to practice breathing control/ diaphragmatic breathing as shown by your healthcare professional.

Calming Hand

