

Pursed-lip breathing

Pursed-lip breathing is one technique that can help you feel less short of breath.

Have you heard about the pursed-lip breathing technique? If yes, are you using it? How and when?

Goal:

- With this technique, you breathe out slowly, which allows you to exhale more air, thus leaving less air trapped inside your lungs.

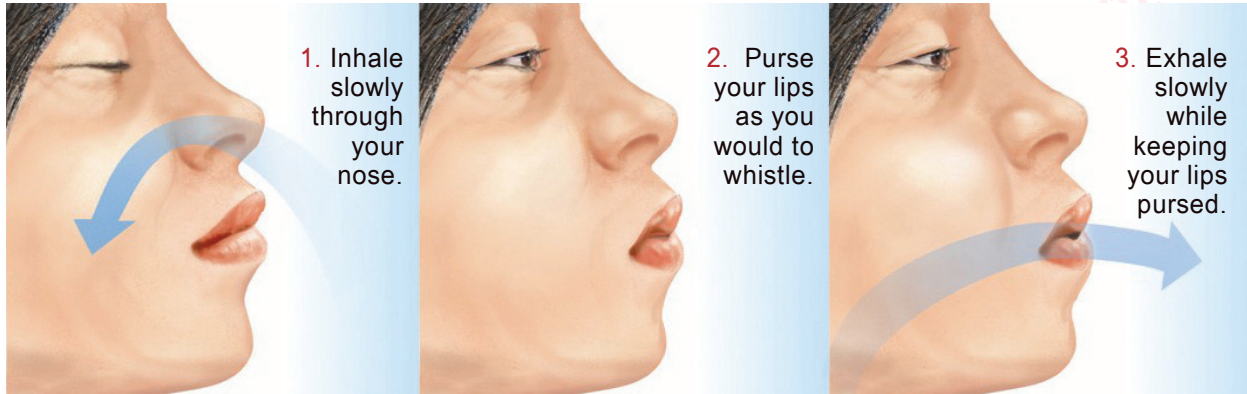
Benefits:

1. Reduces breathing frequency and shortness of breath.
2. Helps you return to your normal breathing pattern after exercise or effort.
3. Improves your ability to perform different activities.
4. Increases your sense of control over your own breathing.

Points to remember:

- The focus should be on expiration.
- Expiration should be longer than inspiration, but not forced.
- First master this breathing technique while at rest. Then you will be able to use it with activities requiring effort.

Pursed-lip breathing



1. Inhale slowly through your nose until you feel that your lungs are filled with air, without forcing.
2. Purse your lips as you would if you were whistling or about to kiss someone.
3. Exhale slowly while keeping your lips pursed. Make sure to take longer to breathe out than you would to breathe in. Remember to keep your lips pursed.
4. Do not force your lungs to empty.