



Action Plan for Breathlessness

When you are aware of your breathlessness:

- 1 Tell yourself to stop - pause and breathe out slowly through your mouth.
- 2 Use positive, reassuring self-talk. (For example, "This will pass, slow down...calm down...I can slow my breathing.")
- 3 Sigh slowly and gently...letting out a soft sound while you flop and drop your shoulders.
- 4 Focus on slow and gentle breathing. Make your out-breath twice as long as your in-breath.
- 5 Put yourself in a position that supports your head and shoulders to relax comfortably (elbows resting on knees or sit/recline well supported).
- 6 Remind yourself, "Slow down...calm...relax...it will be okay" because you can slow your breathing and get enough air. Allow yourself to feel comfortable and at ease.
- 7 Breathe out slowly through 'pursed' lips in the shape of an 'O' (as if you were going to blow gently through a straw). This helps you breathe out the old air from your lungs, making room for fresh air.
- 8 Continue to breathe slowly and gently.
- 9 Your breathing is slowing. Allow your mind to focus on a feeling or place that helps you feel comfortable and relaxed. Take yourself there while you continue to breathe out slowly in a position that is comfortable for you. Let your body become heavy and loose.

When your breathing has settled:

- Think about breathing in, 'smelling the flowers', through your nose.
- Breathe out slowly and softly through your nose or breathe out slowly and softly through your mouth - enough to lightly flicker a candle flame.
- Feel your breathing deep and low in your body.