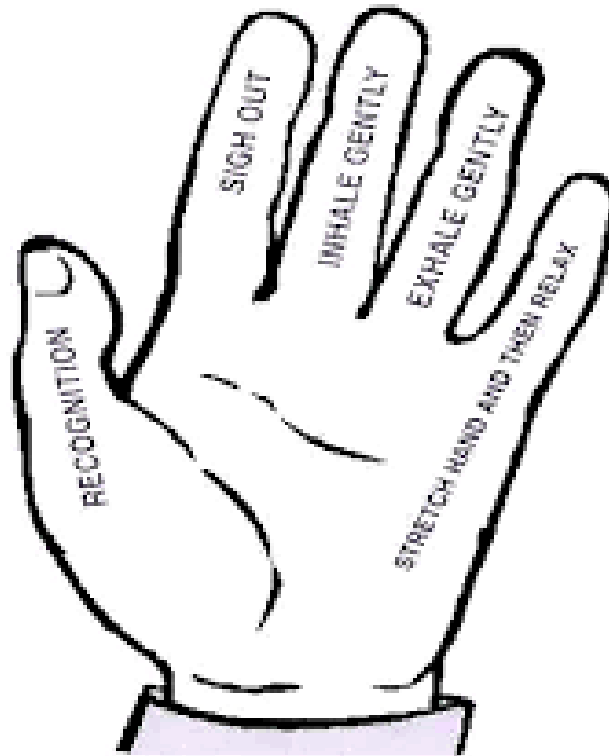




Breathlessness management

Breathlessness is a distressing symptom that can result in a lot of anxiety. The calming hand is a technique used to help with management of that anxiety when you are feeling acutely breathless / anxious and can be completed wherever you are.

Calming Hand



Step 1: Recognition

Hold your thumb firmly and recognise that you are feeling breathless and that this is causing anxiety

Step 2: Sigh out

This relaxes your shoulders and upper chest

Step 3: Inhale gently

Take a **slow** and relaxed breath in

Step 4: Exhale gently

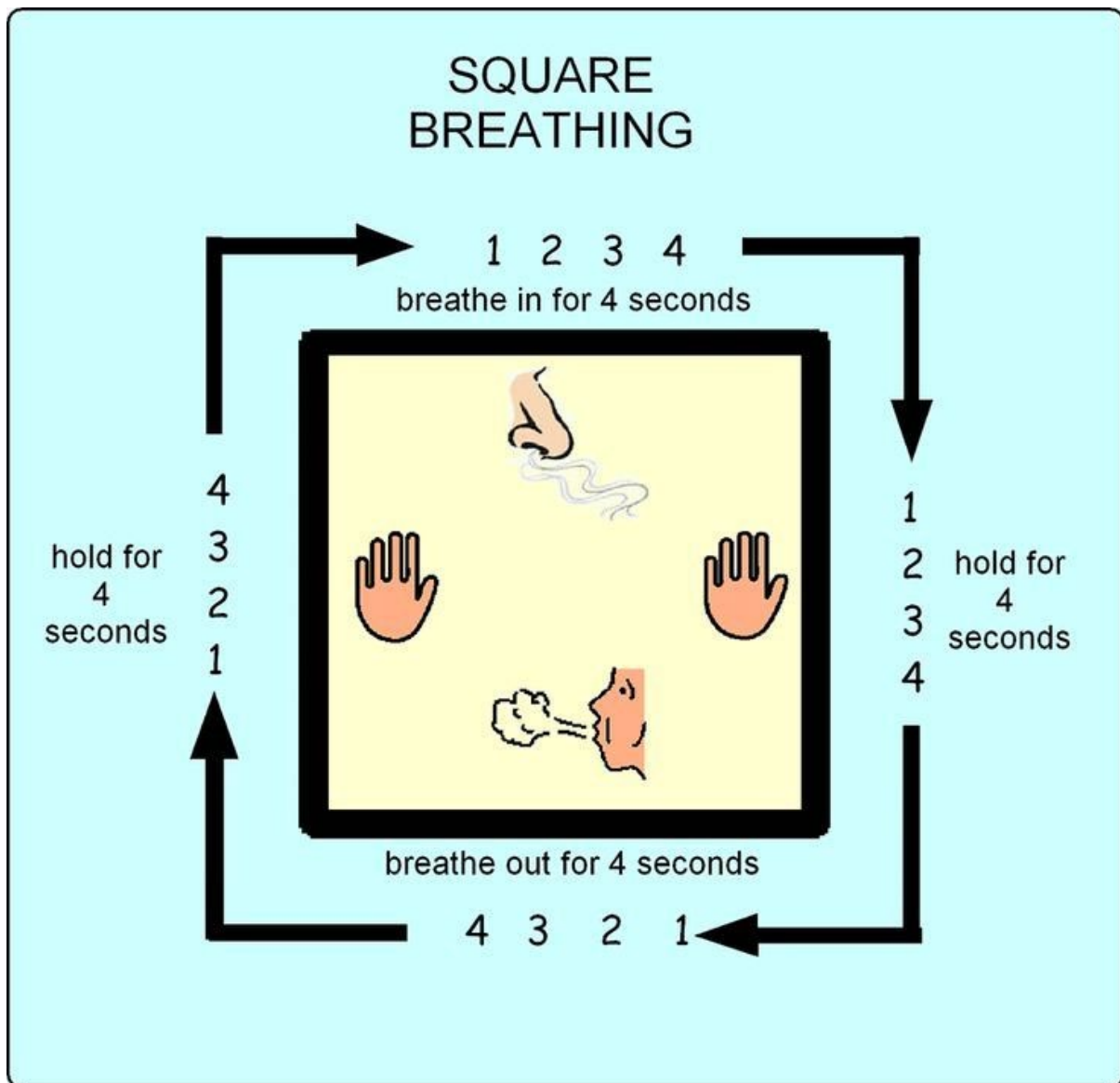
A gentle breath out; try to make this longer than your breath in

Step 5: Stretch hand and relax

Stretching your hand helps to alleviate symptoms of panic

Complete steps 1-5 again until the anxiety subsides and your breathing returns to normal

Another useful strategy is square breathing:



Try to make your exhalations longer than your inhalations; this will help to slow your breathing but also allow you to achieve better inhalations to fill your lungs

It can be helpful to trace the outline of the square with your finger in the air; this provides a focus for you

Repeat this until your breathing returns to a normal rhythm