

# Managing Your Breath

You may feel out of breath when you are doing your normal activities. Shortness of breath can happen for many reasons. It can make you feel scared, anxious or panicked and it may limit your activities.

## Resting Positions



Your position can affect how deep a breath you are taking. The 3 pictured positions (on the left) may help ease your shortness of breath when you are resting or after you have just finished an activity. When in the position, focus on relaxing your hands, wrists, shoulders, neck, and jaw. You can use any position that you find comfortable for breathing.

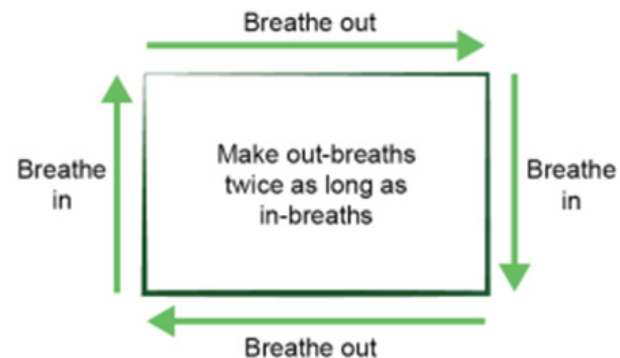


## Breathing Strategies

Once you have found a position that allows you to relax, use breathing strategies to help you feel in control. Try both of these strategies to find what is most helpful to you.

### 1. Breathe a Rectangle

- Look around for a rectangle such as a window, door, picture, or television screen.
- Follow the sides of the rectangle by tracing them with your eyes.
- **Breathe in** when you are tracing the **short** sides and **breathe out** when you are tracing the **long** sides.
- Slow the speed at which your eyes move around the rectangle, pausing at the corners to help slow your breathing.



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## 2. Diaphragmatic Breathing

The diaphragm is the muscle that is below the ribs and above the stomach. Focusing on using this muscle can help to slow and even out your breathing. This can also help to decrease your pain, even out your heart rate, and relax your mind and body.

- Get into a comfortable position.
- Place one hand on your chest and one hand on your stomach. You want to feel which is moving while you breathe.
- Breathe in through your nose for 3-5 seconds. Focus on bringing the air into your stomach and feel your hand start to rise. Your chest should stay still.
- Breathe out through your mouth for 3-5 seconds. Push the air out slowly and quietly allowing your stomach to fall.

**Try these breathing strategies 3-4 times per day.**

**Speak with your healthcare provider if you continue to experience breathing difficulties despite using these strategies.**

**Want more information/support?**

1. **Stasis Breathwork Program:** [www.stasis.life](http://www.stasis.life)
2. **Johns Hopkins Breathing Exercises:** [www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/coronavirus-recovery-breathing-exercises](http://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/coronavirus-recovery-breathing-exercises)