

# Breathing technique to reduce shortness of breath

## Pursed-lip breathing

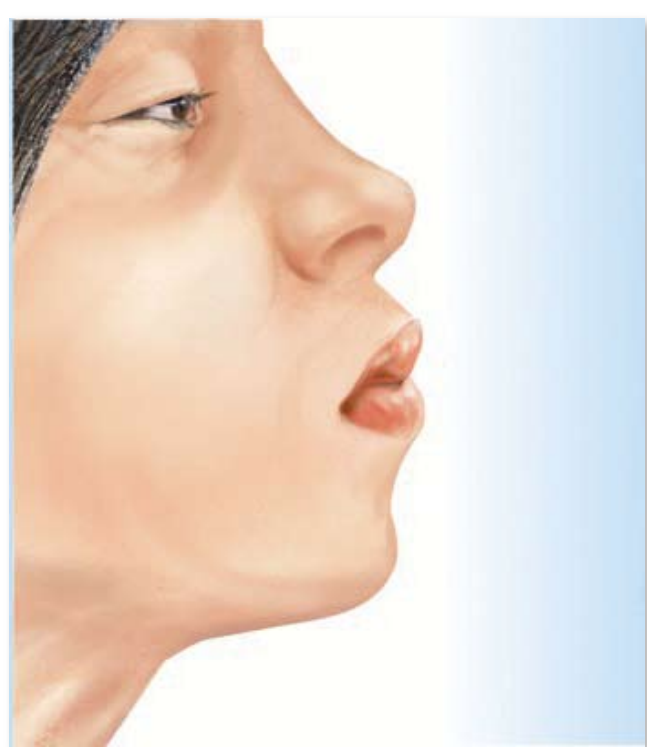
### Steps to follow

#### Step 1



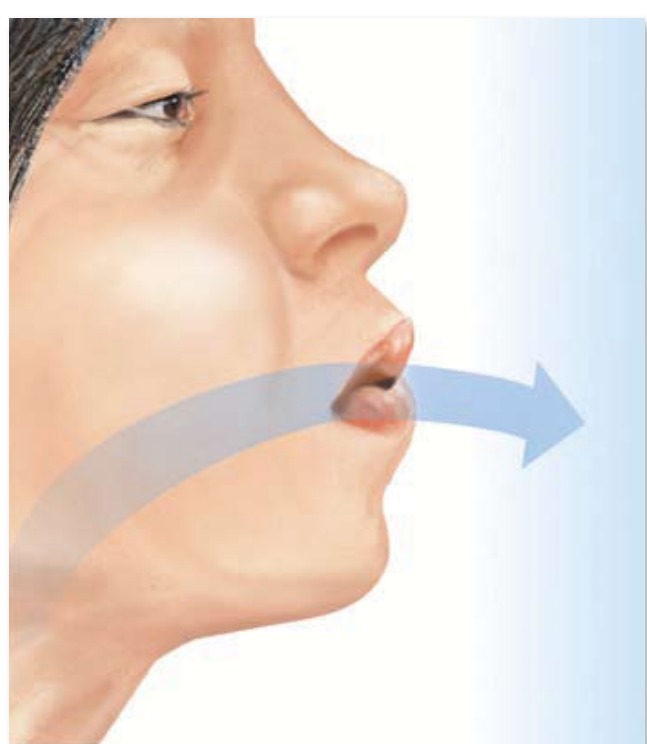
Inhale slowly through your nose until you feel that your lungs are filled with air.

#### Step 2



Purse your lips as you would if you were whistling or about to kiss someone.

#### Step 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.

**Do not force your lungs to empty.**