Breathing Retraining

Breathing retraining can help reduce feeling short of breath and tired, and help you use less energy in your daily tasks. **Practice this breathing for 10 to 15 minutes each day.** Rest as needed between breaths.

**Pursed lip breathing**
This type of breathing helps during exercise or any activity that may cause you to feel short of breath. It keeps your airways open longer as you exhale to release trapped air in your lungs. **Practice this when you are resting,** so you can use it when you feel short of breath.

**Follow these steps:**
1. Breathe in through your nose and feel your lungs fill with air.
2. Purse your lips together as if you were going to whistle or blow out a candle.
3. Breathe out slowly through your pursed lips. It should take 2 to 3 times longer to breathe out than it take to breathe in.
4. You may need to adjust your breathing rate and how much you purse your lips to help your comfort.

**Diaphragmatic breathing**
This type of breathing strengthens your diaphragm and stomach muscles to clear trapped air in your lungs.

**Follow these steps:**
1. Lie or sit down in a comfortable position, relaxing your neck and shoulder muscles.
2. **Place one hand on your chest and the other hand at the bottom of your ribs** just above your waistline. Use your hands to feel the movements as you breathe.
3. Take a breath in through your nose and feel your hand on your stomach move outward. Do NOT let your shoulders move up. **Do NOT** expand your chest. Think about expanding your lungs in all directions.
4. **Breathe out slowly through your mouth with pursed lips** as if you were going to whistle or blow out a candle. The hand on your stomach moves in as you breathe out. You may need to pull your stomach muscles in at first to help move your diaphragm up. Exhale or breathe out at least twice as long as you take to inhale or breathe in.

**Patterned breathing**

This type of breathing moves the air in a pattern in and out of the lungs. It controls your shortness of breath during a burst of strenuous activity, like:

- Lifting or pushing objects
- Climbing a step or two
- Standing up from a seated position
- During strength training with upper and lower body exercises

With patterned breathing, you breathe out during the hardest part of the activity, such as lifting a weight. Remember to never hold your breath during activity.

**Example 1: Standing up from a seated position.**
1. Inhale while you are seated.
2. Exhale as you stand up.

**Example 2: Lifting a laundry basket.**
1. Inhale when bending down to grab the basket.
2. Exhale as you stand up, holding the basket.