

Simple relaxation and breathing exercises



- Put your hands on your chest
- Continue breathing slowly as shown
- Feel your ribs moving
- Breathe in through your nose and out through your mouth
- Feel your ribs moving
- Repeat this 6 times



- Make a fist with each hand
- Hold for a three seconds
- Then relax
- Repeat once



- Sit comfortably in a chair and close your eyes.



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CONTACT US:

Visit your nearest community health centre for any medical queries or emergency care.

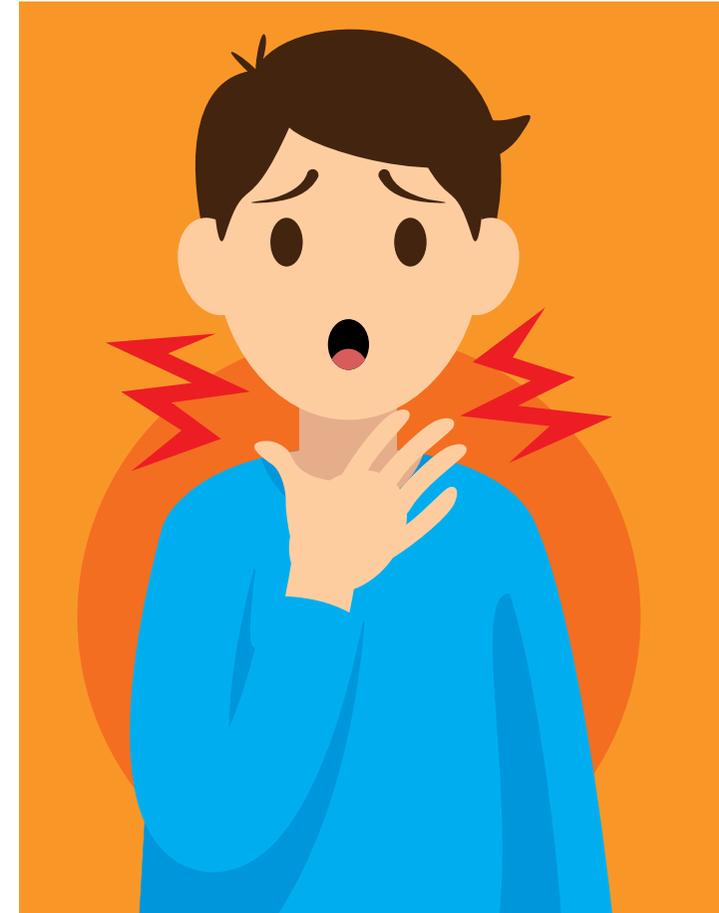
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What to do when you are short of breath



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BETTER TOGETHER.



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What is breathlessness

Shortness of breath or breathlessness is the feeling of not getting enough air into your lungs.

The best way to know if a person is breathless, is to ask.

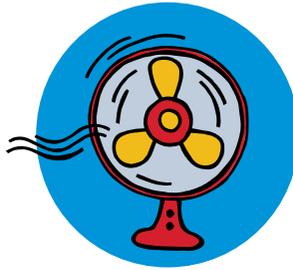
Causes of breathlessness

- Exercise
- Weakness
- Blockage of air pipes due to illnesses
- Lung problems due to illness
- Other medical problems like heart failure, emphysema, asthma and cancer
- Anemia
- Anxiety, worries or panic

What can be done at home when experiencing breathlessness



Sit upright and sleep sitting up.



Open a window to get fresh air or blow a fan over your face.



Sit when preparing food or doing other household activities.



When washing don't use very hot water. Sit while washing and dressing yourself.



Avoid bending and always wear loose clothes.



Avoid smoking or being near people who smoke. Avoid wood fire smoke.



In the cold weather, put a scarf over your mouth to breathe.



Use lip balm for a dry mouth or rinse your mouth and spit the water in the basin.

To determine the cause of your breathlessness, it is advisable to ask your health care provider. They may need to examine you to decide how to assist you.