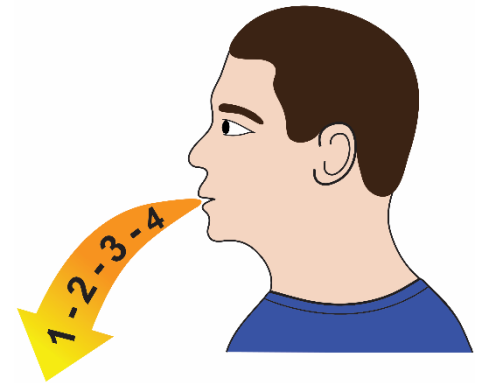
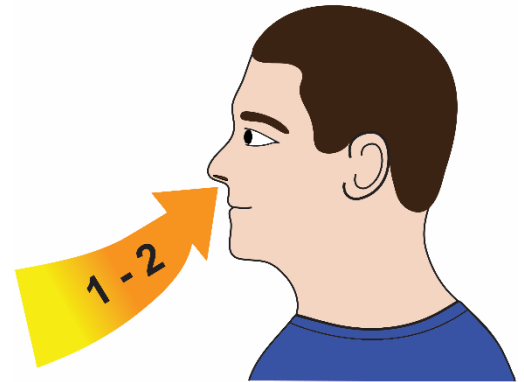




Pursed Lip Breathing

How do I do pursed lip breathing?

1. Relax your neck and shoulder muscles
2. Breathe in through your nose for 2 seconds while keeping your mouth closed. You don't need a deep breath, a normal breath will do.
3. Pucker or purse your lips as if you were going to whistle or like you're gently blowing out a candle flame.
4. Breathe out slowly through your pursed lips while counting down from 4.



If done correctly, pursed lip breathing:

- Improves the flow of air in your lungs
- Releases trapped air in your lungs
- Keeps the airways open longer
- Decreases the work of breathing
- Relieves the feeling of shortness of breath
- Promotes general relaxation

Visit the American Lung Association website for a video on pursed lip breathing:

<https://www.lung.org/lung-health-and-diseases/protecting-your-lungs/breathing-exercises.html>

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