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: