

## IDEAS TO TRY FOR BREATHLESSNESS

- ◆ **Cool** air on the face might help, use a fan at 45 degrees to your face or sit by an open window.
- ◆ **Eliminate** irritants such as smoke or allergens
- ◆ **Ensure** room is not too hot or cold and comfortable humidity
- ◆ **Enjoy** 'distractions' such as reading, TV, music, radio, visitors, have a window view if possible.
- ◆ **Regularly** (ie several times a day) try practising relaxation techniques when sitting in a comfortable position. Use pillows if needed to support your back, shoulders and head. Allow yourself to rest back against the pillows and try to stay calm and still.
- ◆ **Use** the relaxed breathing technique.
- ◆ **Try** a relaxation tape.
- ◆ **Keep** things you use often downstairs and close to hand.
- ◆ **Plan** your activities and make sure you have everything you need before you start
- ◆ **Spread** your tasks out throughout the day, keeping active but rest between activities, or whenever you feel you are getting too breathless.

