

HOW TO USE

# PURSED-LIP BREATHING



## What it Does

### Benefits of Pursed-Lip Breathing:

- Slows down your breathing
- Helps release trapped air in your lungs
- Makes breathing easier during activity
- Improves oxygen exchange
- Reduces shortness of breath and anxiety

## When to Use It

- During exercise
- When feeling short of breath
- While climbing stairs or walking
- When anxious or stressed

## How to Do It

1

### Breathe in through your nose

Slowly breathe in through your nose for about 2 seconds. Keep your shoulders relaxed.

2

### Purse your lips

Make your lips into a small "O" shape — like you're about to whistle or blow out a candle.

3

### Breathe out through pursed lips

Slowly breathe out through your pursed lips for about 4 to 6 seconds.