



How To Breathe Easier

Call 911 if you have sudden problems breathing, have blue lips or if you feel confused.

<p>Breathing</p> 	<p>Standing, Climbing</p> 	<p>Reaching</p> 	<p>Pushing</p> 	<p>Lifting</p> 
<ul style="list-style-type: none"> ■ Take extra breaths between tasks if you need to. Return to your breathing patterns as soon as you can. <ul style="list-style-type: none"> — Take several deep breaths before you start any task. — Breathe in (inhale) before each movement. — Do the movement while you breathe out (exhale). — Breathe out twice as long as you breathe in. For example, inhale 2 seconds and exhale 4 seconds. ■ Wear your oxygen as directed. 	<ul style="list-style-type: none"> ■ How to stand up from a chair: <ul style="list-style-type: none"> — Take a deep breath. — Rise to your feet when you breathe out through pursed lips (like blowing out a candle). ■ How to go up stairs or walk up a hill: <ul style="list-style-type: none"> — Take a deep breath. Do this before you start to climb. — Breathe out through pursed lips and climb two to three stairs or take two to three steps. — Stop and rest while you breathe in with your diaphragm. — Keep climbing in the same way. 	<ul style="list-style-type: none"> ■ How to reach: <ul style="list-style-type: none"> — Take a deep breath. — Breathe out through pursed lips. Reach up or down. ■ How to shave or comb your hair: <ul style="list-style-type: none"> — Take a deep breath. — Breathe out through pursed lips. Lift your arms and shave or comb 2 or 3 strokes. — Lower your arms and rest while you breathe in (use your diaphragm). — Keep shaving or combing in the same way. ■ Try not to reach over your head or bend down. 	<ul style="list-style-type: none"> ■ How to push a broom, vacuum cleaner or lawn mower: <ul style="list-style-type: none"> — Take a deep breath. — Push the object while you breathe out with pursed lips. — Stop and rest while you breathe in (use your diaphragm). — Keep pushing in the same way. 	<ul style="list-style-type: none"> ■ How to lift: <ul style="list-style-type: none"> — Take a deep breath. — Breathe out through pursed lips, lift the load, and set it down. <div style="text-align: center; margin-top: 20px;">  <p>allinahealth.org</p> </div> <p style="font-size: small; text-align: center;"> © 2018 ALLINA HEALTH SYSTEM. TM – A TRADEMARK OF ALLINA HEALTH SYSTEM THIS FACT SHEET DOES NOT REPLACE MEDICAL OR PROFESSIONAL ADVICE; IT IS ONLY A GUIDE. respir-ah-45321 (9/18) </p>