

Help for Shortness of Breath (S.O.S. for S.O.B.)

What is it?

It is a series of steps that you can use to manage your shortness of breath. This coping technique can be used with recovery positions to help relieve your breathlessness.

How to do it:

1. Stop and rest in a comfortable position—try one of the recovery positions in standing or sitting.
2. Breathe as fast as you need with your chin relaxed.
3. Slowly begin to purse your lips as you blow out.
4. Breathe out for longer periods of time. Do not force it.
5. Gently breathe in through your nose. Continue to breathe out through pursed lips.
6. Rest for a few more minutes until your breathing becomes comfortable.

Rest in a recovery position.



Breathe as fast as you need with your chin relaxed.



When you can, begin to breathe out.



Gently breathe in through your nose and out longer through pursed lips.

