

## Being out of breath



You may feel short of breath more easily. This is called breathlessness. This can happen if you have had COVID.



Being out of breath can be scary. There are things you can do to help.

## How to help



Using a different position will allow your breathing muscles to work better. You might find one position works best.



Feelings of panic will often make your breathing worse. Try to relax.



Lying on your front can help breathing. Putting pillows under your chest or pelvis may make this more comfortable. Only use this position if you feel comfortable and it helps your breathing.

## Breathing techniques



1. Sit in a relaxed position in a chair with your back supported



2. Place one hand on your tummy



3. Slowly take a deep breath in through your nose

4. As you breathe in, allow your tummy to rise up



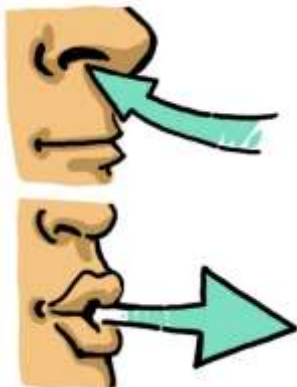
5. As you breathe out slowly, feel your tummy relax down.



This may take some practice. It can be very useful to help breathing.

### Breathing with pursed lips

This can help with breathing when you are walking or being active.



Take a breath in through your nose. Gently breathe out through your mouth with your lips pursed, just like when you're whistling or blowing out a candle. Try to breathe out for longer than you breathe in.



## **Blow as you go**

Breathe in before you start to move. Then breathe out when you are making an effort, like bending down or lifting something heavy.



Speak to your GP if:

- being out of breath is not getting better
- being out of breath gets worse when you lie flat and your ankles are also swollen
- you are worried about your symptoms