

Relaxed Breathing

An information guide



Relaxed Breathing

This is a breathing technique which uses the lower part of your chest, with the upper chest and shoulders relaxed.

Relaxed breathing can sometimes be referred to as breathing control, or diaphragmatic breathing.

This has the effect of:

1. Making breathing easier, allowing energy to be used more effectively.
2. Relieving breathlessness.
3. Encouraging a more normal breathing pattern.
4. Improving ventilation of the lower part of your lungs.

The physiotherapist will have shown you how to carry out 'relaxed breathing'.

Here is a recap:

- Sit in a comfortable position with your back well supported.
- Place your hand on your upper abdomen, between your belly button and your upper chest.
- Breathe slowly in through your nose and slowly out through your mouth. Counting as you breathe (in 2-3, out 2-3-4, rest 2-3) may also help your breathing control.
- At the same time allow your shoulders to drop down into a relaxed position. If your shoulders still feel tense then drop your chin gently to your chest.

Relaxed Breathing

- You should notice little movement from your upper chest, while your upper abdomen rises as you breathe in and falls as you breathe out.
- Your breathing should be quiet and effortless.
- Practice doing this several times during the day when you are not breathless, so that it becomes easier to do when you are breathless.
- The aim is for you to regain control of your breathing whenever you feel breathless or anxious.

If English is not your first language and you need help, please contact the Interpretation and Translation Service

Jeśli angielski nie jest twoim pierwszym językiem i potrzebujesz pomocy, skontaktuj się z działem tłumaczeń ustnych i pisemnych

اگر انگریزی آپ کی پہلی زبان نہیں ہے اور آپ کو مدد کی ضرورت ہے تو ، براہ کرم ترجمانی اور ترجمہ خدمت سے رابطہ کریں

Dacă engleza nu este prima ta limbă și ai nevoie de ajutor, te rugăm să contactezi Serviciul de interpretare și traducere

ইংরাজী যদি আপনার প্রথম ভাষা না হয় এবং আপনার সাহায্যের প্রয়োজন হয় তবে অনুগ্রহ করে দোভাষী এবং অনুবাদ পরিষেবাটিতে যোগাযোগ করুন

إذا لم تكن الإنجليزية هي لغتك الأولى وتحتاج إلى مساعدة ، فيرجى الاتصال بخدمة الترجمة الشفوية والتحريرية

☎ : 0161 627 8770

@ : interpretation@pat.nhs.uk

To improve our care environment for Patients, Visitors and Staff, **Northern Care Alliance NHS Group** is Smoke Free including buildings, grounds & car parks.

For advice on stopping smoking contact the Specialist Stop Smoking Service on 01706 517 522

For general enquiries please contact the Patient Advice and Liaison Service (PALS) on 0161 604 5897


For enquiries regarding clinic appointments, clinical care and treatment please contact 0161 624 0420 and the Switchboard Operator will put you through to the correct department / service

The Northern Care Alliance NHS Group (NCA) is one of the largest NHS organisations in the country, employing 17,000 staff and providing a range of hospital and community healthcare services to around 1 million people across Salford, Oldham, Bury, Rochdale and surrounding areas. Our Care Organisations are responsible for providing our services, delivering safe, high quality and reliable care to the local communities they serve.

The NCA brings together Salford Royal NHS Foundation Trust and the hospitals and community services of The Royal Oldham Hospital, Fairfield General Hospital in Bury, and Rochdale Infirmary (currently part of The Pennine Acute Hospitals NHS Trust).

 www.facebook.com/NorthernCareAllianceNHSGroup

 www.linkedin.com/company/northern-care-alliance-nhs-group

 Northern Care Alliance NHS Group (NCA) @NCAlliance_NHS

Date of publication: July 2007

Date of review: March 2021

Date of next review: March 2023

Ref: PI(DS)373

© The Northern Care Alliance NHS Group

www.pat.nhs.uk

www.northerncarealliance.nhs.uk

