

## Breathing exercises

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*Practice every hour when you are awake*

Starting position: if possible, sit up as straight as possible

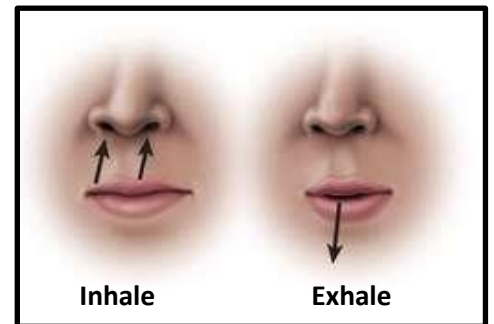
### Exercises:

1. Take a deep breath, through the nose. Exhale through the mouth.

- Repeat this 5 times.

2.

- Take a deep breath, through the nose.
- Hold your breath for 3 seconds.
- Pucker or "purse" your lips as if you were going to whistle or gently flicker the flame of a candle.
- Breathe out (exhale) slowly and gently through your pursed lips
- Repeat this 5 times



3. Forced Expiration Techniques (FET) - "Huffing"

- Take a deep breath
- Open your mouth
- Exhale forcefully with an open mouth (like a deep sigh, only with more power).
- This will help to move mucus up, towards the mouth

4. Coughing

- Cough deeply to clear secretions.
- If your cough is productive, you can spit it out or swallow.