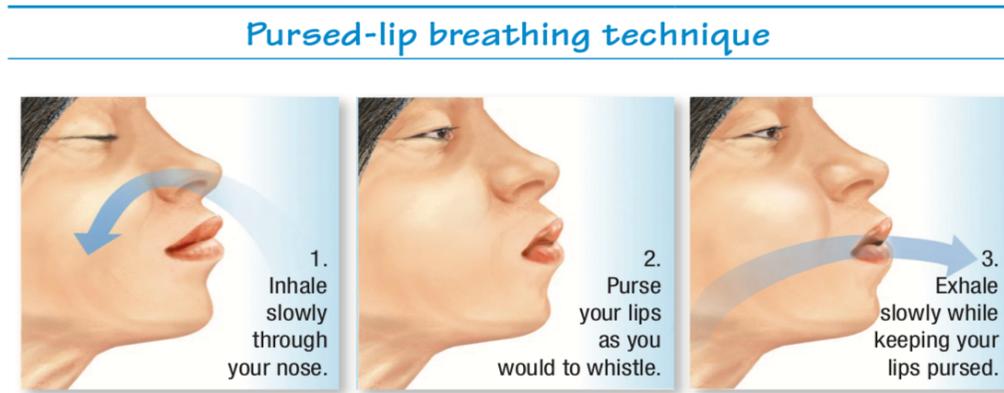


Pursed Lip Breathing

A simple breathing technique that slows breathing, keeps airways open longer, and helps reduce shortness of breath.



Note: Do not force your lungs to empty completely.

How to Do It

1. Relax your neck and shoulders.
2. Inhale slowly through your nose for about **2 seconds**.
3. Pucker your lips like you are going to whistle or blow out a candle.
4. Exhale slowly through your pursed lips for about **4 seconds**.
5. Repeat for 5–10 breaths or until breathing feels easier.

When to Use This Technique

- During shortness of breath
- Walking or climbing stairs
- During exercise
- When feeling anxious or breathing too fast

Note: Do not force your lungs to empty completely. Let the air flow out slowly and naturally.