

## Breathing Control

These exercises help you take control of your breathing rather than it control you.

When you start to feel your asthma symptoms it is very important to take your medication. Once you have taken your medication you can try to gain control of your breathing.

Start by trying to relax your jaw, neck, shoulders and upper chest. The physiotherapist can show you the best positions to enable this.

Ideally breathe in through your nose and out through your nose or mouth.

WHEN YOU BREATHE IN slowly, through your nose as if it's filling up your tummy – your tummy should rise gently, like a balloon filling full of air. **Try to breathe in for 2 seconds.**

WHEN YOU BREATHE OUT, allow your tummy to sink in gently, like a balloon deflating, out through your nose or mouth. **Try to relaxed breathe out for 4 seconds.**

Continue the above steps until your breathing returns to normal. Don't force your breath's.

**You should practice these breathing exercises for a few minutes daily when you don't have any symptoms so that when your symptoms start you can use them more effectively.**

