

# BETTER BREATHING NEWSLETTER



## POSITIVE TIP OF THE WEEK

**Spend time with nature:** While staying at home doesn't mean you have to stay indoors all the time, it might feel safer for you to do so! Think about how you can connect with nature from your home. Can you bring some nature indoors? Put up pictures of maunga (mountains), whenua (land), moana (oceans) or awa (rivers) that have meaning to you. Listen to nature sounds – birdsong is a lovely background noise while you work. Open the windows as often as you can. Take time whenever you can to feel the sun on your skin.

## BREATHLESSNESS

### What is breathlessness?

Breathlessness is also known as dyspnoea or shortness of breath (SOB). It is an awareness of uncomfortable breathing.

It is a distressing and frightening experience that can often occur at rest. Breathlessness is a common symptom that is not dangerous and not due to low oxygen levels in your body.

The feeling of breathlessness can vary greatly between individuals, from day to day and hour to hour.



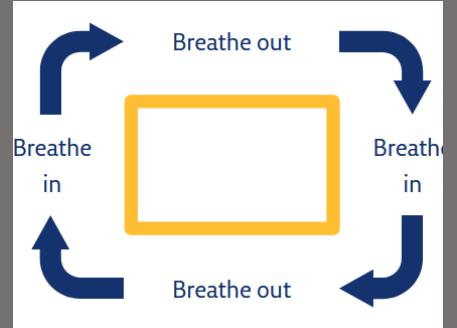
Talofa Lava  
Malo e lelei

Ni sa bula Vinaka Fakaalofa  
lahi atu Malo ni and Kia ora  
koutou

### WELCOME TO OUR NEWSLETTER

There are many things that can be done to help ease breathlessness. Here we will give you some tips and tricks for what you can do if you become short of breath.

Join us on FACEBOOK!  
[Facebook.com/groups/betterbreathing](https://Facebook.com/groups/betterbreathing)



Breathing around the rectangle can be helpful when feeling short of breath. Find comfortable position, breathe in the short side and out along the long side.

**Better Breathing**

## Remember the three P's when you get short of breath

### PAUSE

Stop what you are doing

### POSITIONING

There are a number of positions which allow you to relax your shoulders and help you breathe easier. Use these positions to practise breathing control or to recover when you get breathless.



Figure 1



Figure 2



Figure 3

### PURSED LIP BREATHING

Breathe in gently through your nose, and purse your lips as though you are going to blow out candle. Breathe out your for as long as comfortable

#### Hand Acupressure Points for Asthma

Acupressure points Lung 9 & Lung 10 can help relieve respiratory symptoms such as coughing, wheezing and shortness of breath.



Give this mindfulness exercise a go...  
'Leaves on a river'  
<https://soundcloud.com/user-350850674/river>

Many people find a small fan can reduce breathlessness



Check us out on FACEBOOK! Remember past and previous Better Breathing members can join the Better Breathing group at [Facebook.com/groups/betterbreathing](https://facebook.com/groups/betterbreathing). Last week we added a video around an easy warm up you can do at home. Keep your eyes peeled for more videos this week! We are also still on the lookout for anyone who has any creative, interesting or fun ideas on how to improve the group! Get in contact

PLEASE CONTACT THE BETTER BREATHING TEAM IF YOU WOULD LIKE ANY FURTHER INFORMATION ON ANY OF THE CONTROLLED BREATHING TECHNIQUES LISTED. KIA KAHA.  
PH: 0800 8273 2843 (CALL ONLY) OR 021 622 187 (CALL AND TEXT)