

Positions To Help Your Breathing

When you feel breathless, find a position that helps you relax and implement your nasal, tongue up, light, low and slow breathing.



Upright sitting with or without a towel for support

Sit up straight against the back of a chair with your feet flat on the floor. Rest your arms on your legs, or on the chair arms. Keep your hands and wrists relaxed and drop your shoulders.

If you have a towel available then roll it up and place it below your shoulder blades and roll them back onto the towel.



Sitting leaning forward

Hinge from your hips with your feet flat on the floor and lean forwards with your elbows resting on your knees. Keep your hands and wrists relaxed and drop your shoulders.



Sitting leaning forward on a table

Hinge from your hips with your feet flat on the floor and lean forwards with your elbows resting on the table. Keep your hands and wrists relaxed and drop your shoulders.



Supported sitting leaning forward on a table

Hinge from your hips with your feet flat on the floor and lean forwards onto the pillows. Relax onto the pillows as much as you can.



Lean backwards

Stand about 30 cm away from a wall, with your feet slightly apart. Lean backwards or sideways against the wall, and let your arms hang loosely. Rest your hands by your side, or rest them in your pockets, or on a belt or waistband.



Forward lean standing

Find something to lean on for support, such as a chair, wall, rail or window sill. Hinge from your hips and lean forwards and rest your arms on the object.



High side lying

Make a slope with 3 or 4 pillows. Lie high up on these pillows, with the whole of the side supported. Bend both legs, or just your top leg, depending on what is the most comfortable.

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