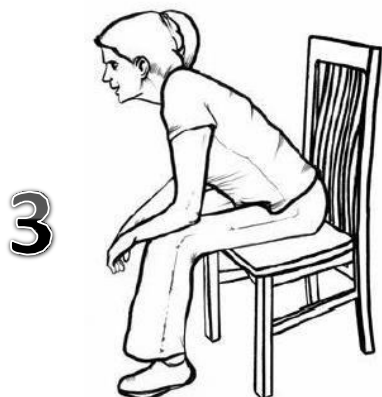


Specialist Paediatric Outreach Respiratory Team (SPORT)



Positions to Ease Breathlessness

It can be scary if you find yourself becoming too breathless, below are some positions for you to try to help increase the air getting into your lungs and manage breathlessness. You might find other helpful positions which are not pictured below.



Try doing your breathing control in each of the 5 positions

If you need any further information, please contact: **01282 803587**