

## **Breathing Strategies**

### **Control your breathing**

Breathing techniques like pursed-lip breathing and diaphragmatic breathing can help regulate the air into and out of your lungs and help pace your breathing. The tendency, when faced with strenuous activity, is to pant. This can wear you out faster by overworking the diaphragm without the benefit of balanced respiration (equal oxygen in, equal carbon dioxide out).

When performing any activity, exhale during the most difficult part and slowly inhale through the nose, especially if you use supplemental O<sub>2</sub>. Practice, repeat, practice, repeat.

### **Maintain good posture**

Good posture conserves energy, plain and simple. Excessive stooping, on the other hand, places extra stress on back, shoulders, and hips, wearing you out faster than if your shoulders, spine, and hips are aligned. Proper posture also puts your breathing muscles in a more optimal position.

### **Practice relaxation techniques**

When you relax, you help restore energy to the body. Make a point of scheduling rest periods throughout the day, ideally by laying on your back, slowing your breathing, and concentrating on relaxing your muscles. Explore techniques such as meditation or progressive muscle relaxation. You'll be surprised by how much they help.