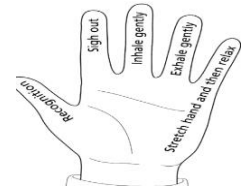


Breathlessness SOS

THIS IS AN INSTRUCTION CARD TO HELP YOU MANAGE AN EPISODE OF BREATHLESSNESS.

1.  **WHATEVER YOU ARE DOING**

2. **REASSURE YOURSELF – Calming Hand (PTO)**



3. **TAKE ANY MEDICATION YOU HAVE FOR YOUR BREATHLESSNESS**



4. **LEAN FORWARD**



5. **OPEN A WINDOW OR TURN ON YOUR FAN OR WAFT THIS CARD ACROSS YOUR FACE**



6. **SIGH OUT SOFTLY & GRADUALLY MORE SLOWLY**

7. **GENTLY BREATHE IN**



8. **REPEAT STEP 5-7 UNTIL YOUR BREATHING RETURNS TO YOUR NORMAL (THIS MAY TAKE 10-15 MINUTES)**



The Calming Hand

Use this to help manage panic or feeling out of control.

There are five steps (or fingers) to understanding the Calming Hand.

Step 1 – Thumb = Recognition

Recognise your signs of panic EARLY and take the following steps to regain control:

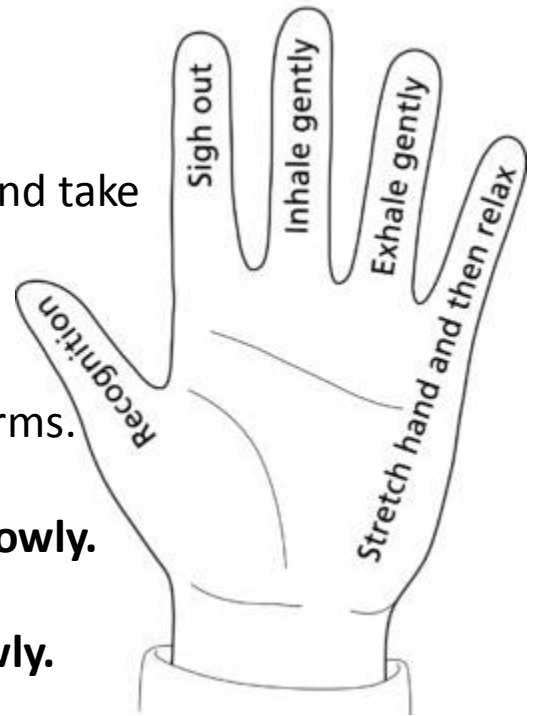
Step 2 – Index finger = Sigh out

As you do, relax your shoulders and arms.

Step 3 – Middle finger = Breathe in slowly.

Step 4 – 4th finger = Breathe out slowly.

Step 5 – Little finger = Stretch and relax your hand.



Sometimes just hand stretching is enough to help when you are starting to panic.

Repeat these steps until you feel calmer.