

Do you suffer from breathlessness and COPD?

Here are some tools to help you manage your breathlessness.

Remember, small changes can make a big difference.

Practice when you are well so they become a habit.

5 senses meditation



Use your phone camera on this QR code for a video guide to meditation.

Visualisation



Use your phone camera on this QR code for a video guide to visualisation.

Tools to help you manage your breathlessness

Challenge unhelpful thoughts

Unhelpful → Helpful

I can't breathe	I'm using my breathing tools to help me breathe
I feel anxious	I'm in control now
I'm breathing too fast	My breathing is becoming calmer
I'm in trouble	I'm ok. I can handle this

Informed by resources provided by Cambridge Breathlessness Intervention Service:

Spathis A, Burkin J, Moffat C, Tuffnell R, Barclay S, Mant J, Booth S.

Cutting through complexity: the Breathing, Thinking, Functioning clinical model is an educational tool that facilitates chronic breathlessness management.

NPJ Prim Care Respir Med. 2021 May 10;31(1):25.
doi: 10.1038/s41533-021-00237-9. PMID: 33972569; PMCID: PMC8110567.

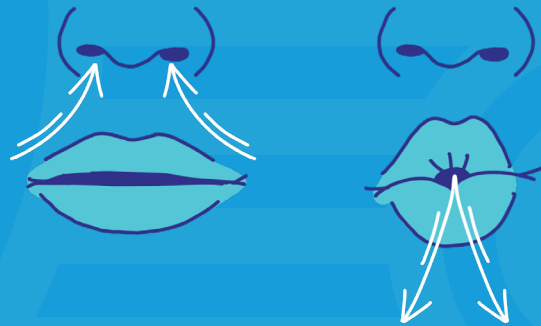
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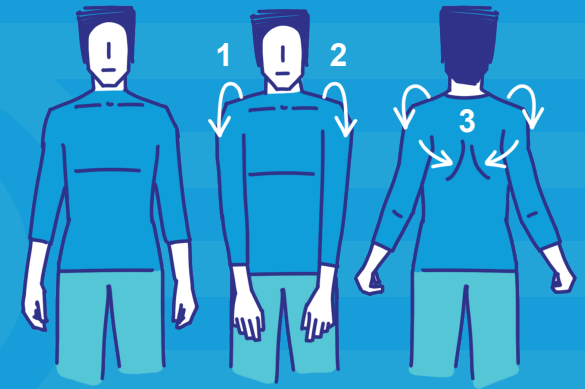


Stop... Breathe... Shoulders down...

Pursed Lip Breathing



Shoulder Rolls



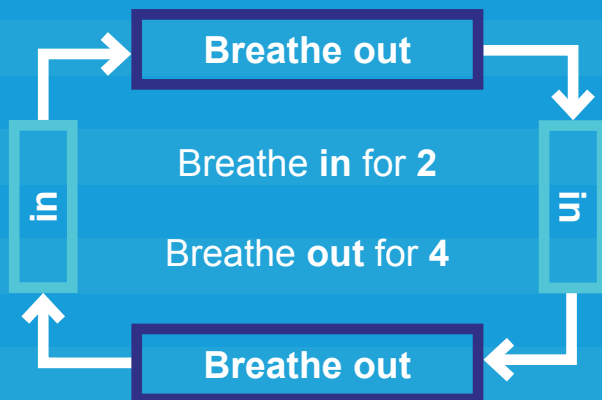
Positions Of Ease



Finger Spreads



Remember the
Rectangular Breathing Technique



Use a hand fan or a cold flannel on your face



Inhaler (as perscribed)

