



BREATHE

IN

AND

OUT

YOUR GUIDE TO
THE INS & OUTS OF
BETTER BREATHING

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The background features abstract, three-dimensional geometric shapes. A large yellow shape is on the right side, and a blue shape is at the bottom left. The text is overlaid on a light gray background.

~~DON'T~~
~~LIMIT YOUR~~
~~CHALLENGES.~~
CHALLENGE
YOUR LIMITS.

JERRY DUNN

MAKE YOUR BREATH COUNT.
USE THIS BOOK TO HELP YOU
BREATHE EASIER, MOMENT
TO MOMENT.



WHO IS THIS BOOK FOR?

ARE YOU GASPING, STRUGGLING, OR SHORT OF BREATH?

For millions of people in the United States who like you, struggle with breathing difficulties, each day can feel like an obstacle course.

It doesn't have to be that way.

There are things you can do to **make day-to-day chores easier**, keep your **plans on track** despite the weather, and **keep doing the things you love** as best as you can.

And it can be as simple as knowing the ins & outs of better breathing.

TURN THE PAGE. **LET'S GET STARTED.**



“

KISS YOUR DAY
GOOD MORNING.

BREATHE THIS MOMENT IN.

”

HERE'S A SIMPLE TRICK TO HELP YOU
BREATHE LIFE IN A LITTLE EASIER.

IT'S ALL ABOUT TECHNIQUE.

IN

THE PURSED-LIP METHOD.

**QUICK, EASY TO DO, AND CAN
HELP YOU TO BREATHE BETTER**

Breathe in / inhale:

Breathe in slowly through your nostrils.
It doesn't have to be a deep breath.
A normal one will do.

Pucker up:

Pucker or "purse" your lips as if you're
whistling or blowing out a candle.

Breathe out / exhale:

Breathe out slowly and gently through
your pursed lips.

OUT

POOR BREATHING HABITS

- **Completely avoiding activities** that may make you feel **breathless**
- Exposing your lungs to triggers like **pollution** or **smoke**



IT IS NOT OUR
ABILITIES THAT SHOW
WHAT WE TRULY ARE.

*IT IS OUR
CHOICES.*

J. K. ROWLING



CHECK OUT THESE TIPS AND GIVE YOURSELF
THE ABILITY TO BREATHE BETTER BY EATING BETTER.

EATING AND BREATHING GO TOGETHER.



EATING SMART

- Having more **fruits, vegetables, whole grains, and low-fat dairy**
- **Resting** 30 minutes before eating so you're not short of breath
- **Sitting up and leaning forward** while eating to **expand your lungs**
- Eating **smaller, more frequent meals**



IGNORING YOUR NUTRITION

- Having foods **high** in saturated or trans **fats, salt, and added sugars**
- **Lying down** right after eating
- Eating foods and drinking beverages that cause **bloating** like cabbage, broccoli, and beer
- **Avoiding eating**—this can make your condition worse

“ SOMETIMES
THE SMALLEST STEP
IN THE RIGHT
DIRECTION
ENDS UP BEING...



*THE
BIGGEST
STEP*
OF YOUR LIFE. ”

NAEEM CALLAWAY

WHEN YOU QUIT SMOKING, GOOD THINGS START HAPPENING.
LEARN HOW.



STOP SMOKING. START BREATHING.

IN

TIME OFF SMOKING

WHEN YOU'RE SMOKE-FREE FOR...

- **20 minutes:** Your heart rate may slow down to a more normal level
- **12 hours:** The level of carbon monoxide (a dangerous gas) in your blood may drop to normal
- **2 weeks to 3 months:** Your circulation and breathing may improve
- **1 to 9 months:** You may have less coughing and less shortness of breath
- **1 year:** Compared to smokers, your risk of heart disease may be cut in *half*

OUT

REACHING FOR THAT CIGARETTE

SMOKING MEANS MORE...

- **Coughing** and **shortness of breath**
- **Risk** of lung cancer and heart disease
- **Money spent** because you're buying expensive cigarettes



“

CHANGE YOUR PLAN
IF YOU NEED TO.

NEVER CHANGE
YOUR GOAL.

”



BREATHING PROBLEMS AT THE
WORKPLACE? DON'T LET THEM HOLD
YOU BACK.

MANAGING SHORTNESS OF BREATH ON THE JOB.



A WORKPLACE THAT WORKS FOR YOU

- Talk to your employer about
 - **Easy-access parking**—a spot close to the building
 - Having your desk or office **near the entrance**
 - Taking more frequent **breaks**
 - A **more flexible** work schedule
 - **Telecommuting** and **work-from-home** options
- Get a **rolling bag** or **briefcase** to help move things around
- **Ask your doctor** for suggestions to help you perform work tasks



JOB SOB (SHORTNESS OF BREATH)

- Long work stretches **without breaks**—breaks are good and you need them
- **Parking far away** from your building—park a little closer so you don't run out of breath
- **Exerting yourself** too much physically—know your work limits and stick to them



“

DON'T COUNT
THE DAYS.

*MAKE THE
DAYS COUNT.*

MUHAMMAD ALI

”

WHETHER IT'S BY PLANE, TRAIN, OR BUS, FOR
A WEEKEND OR A FEW WEEKS,
THE INS AND OUTS OF TRAVELING CAN HELP
YOU MAKE THAT TRIP.



BREATHE EASIER ON THE GO.

IN

PLANNING WELL, TRAVELING EASY

- **Plan ahead:** Arrive early, bring your medications (inhalers and pills), water to take them with, and a list of doctors and hospitals where you can get help if needed
- **Get direct flights/trips** whenever possible
- **Use bags/suitcases with wheels** so it is easier and less physically taxing to move around
- **Ask for a transport cart or wheelchair** so you don't have to worry about getting to your gate on time
- **Walk on non-carpeted areas** to make it easier to wheel your luggage around

OUT

TRAVEL ROULETTE— NOT PLANNING AHEAD

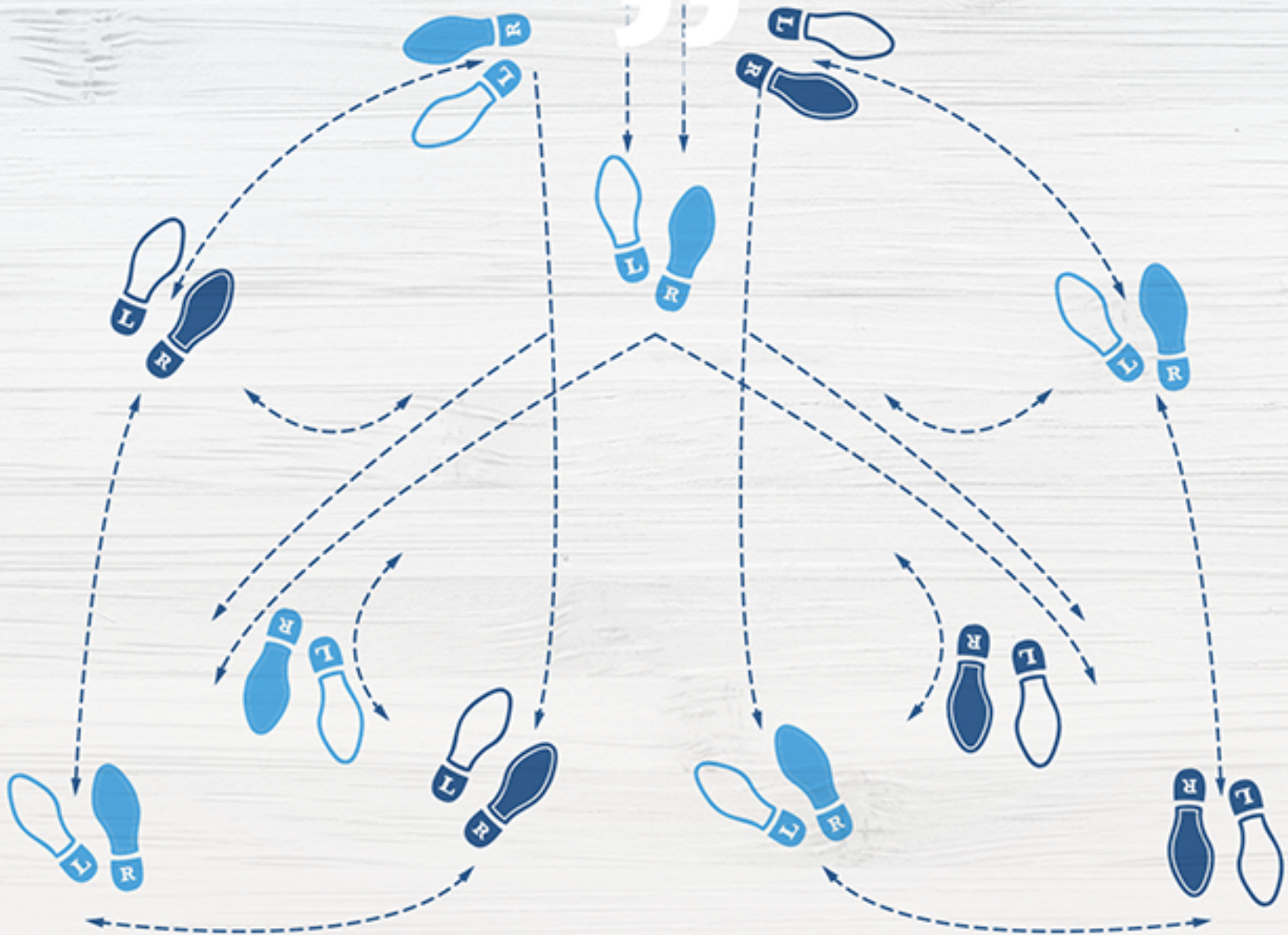
- **Indirect trips** with several stops or long layovers—this can throw you and your breathing off
- Sitting in the **smoking section** or areas with **pollutants** or **irritants**
- **Rushing** to make your trip instead of arriving earlier

“

DON'T LET WHAT YOU
CAN'T DO
GET IN THE WAY OF
WHAT YOU
CAN DO.

JÜRGEN BOEDT

”



EVEN LIGHT EXERCISE CAN HELP YOU
FEEL BETTER, LOOK BETTER, AND BREATHE BETTER.

KEEP MOVING. KEEP BREATHING.



PLAY, DON'T WORK

- **Do activities that fit into your life**—even a short walk or climb up the stairs helps
- **Ask your doctor about pulmonary rehabilitation (PR)**, a supervised exercise and education program demonstrated to improve breathing
- **Dancing helps.** Do something fun! You don't have to hit the gym or the treadmill—go for a swim or dance with your kids or grandkids instead!
- **Strengthen your legs**—this has been shown to improve overall shortness of breath and physical stamina
- **Talk to your doctor** before starting any kind of exercise



OVERDOING IT & OVERBREATHING IT

- **Pushing yourself** too hard: don't do more than you feel able to
- **Rushing it:** slow down and pace yourself
- **Neglecting your diet:** both diet and exercise are important for a healthy body
- **Not checking with your doctor** before starting an exercise plan





JUST AS ROOTS GIVE SUPPORT, YOU NEED SUPPORT
FROM FAMILY AND FRIENDS—SEE HOW TO GET
THEM INVOLVED.

OPEN UP TO THOSE WHO CARE.



LETTING YOUR LOVED ONES IN

- Get an “**active buddy**” to help you remain as active and independent as possible
- **Chore support:** Ask a friend or family member to assist with chores and errands; let them know what would be most helpful to you
- A **shoulder to lean on:** Have a friend on hand for emotional support, encouragement and even to attend doctor’s appointments with you or pick up prescriptions for you
- **Connect** with online communities of others like you with breathing difficulties, **share your experiences**, and hear about theirs



SHUTTING FRIENDS AND FAMILY OUT

- **Not asking** for help and trying to go it alone
- **Not communicating** openly about how you’re feeling
- **Neglecting your need**—and theirs—for **friendship, connection, and intimacy**

A large, light blue pillow is the central focus, appearing to float in a clear blue sky filled with soft, white, fluffy clouds. The pillow is slightly tilted and has a realistic texture. The quote is centered on the pillow.

“

EVERYTHING
STARTS WITH A
DREAM.

”

PEOPLE WITH BREATHING DIFFICULTIES OFTEN HAVE
TROUBLE SLEEPING. IF YOU'RE ONE OF THEM, THERE'S
SOMETHING YOU CAN DO ABOUT IT.

IF YOU CAN BREATHE BETTER, YOU MAY SLEEP BETTER.



RELAX. REST. UNWIND.

- Do pursed-lip breathing in bed to help you **relax, breathe better,** and **fall asleep**
- Have a **sleep cycle:** Try to go to sleep and wake up around the same time every day
- Wear **comfortable, loose clothes** to sleep in
- **Pull those shades down**—if your room isn't dark enough, get blackout shades



SLEEP FIGHTERS

- Drinking **caffeine** any later than lunch
- **Napping during the day**—it'll make it harder to sleep at night
- Allowing **pets in bed** with you—they may wake you up



Understanding the ins & outs of better breathing can help you gain the wisdom to really do something about your own breathing abilities—so don't give up.

Make sure you talk to your doctor about your symptoms and use the tips in this book together with any medication your doctor prescribes.

*WHEN YOU KNOW BETTER,
YOU DO BETTER.*
