My checklist when I experience breathlessness

**Remember:** Breathlessness in itself is not dangerous!

- Find a relieving position where you can rest
- Inhale as slowly and calmly as possible through the nose and exhale with pursed lips
- Distract your thoughts by e.g. listening to music, watching TV or playing a game.
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Remember: Breathlessness in itself is not dangerous!

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2. ..............................................................
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Danish Lung Association
A lifetime of healthy lungs