

My checklist when I experience breathlessness

Remember: Breathlessness in it self 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.

My checklist when I experience breathlessness

Remember: Breathlessness in it self is not dangerous!

1

.....

2

.....

3

.....

4

.....

5

.....