

Therapy Department

Breathing Techniques for Breathlessness: Rectangular Breathing

Introduction

Breathlessness is an awareness of difficult or uncomfortable breathing. This can be an unpleasant and upsetting sensation. It is important to remember breathlessness in itself is not harmful and you will recover your breathing. The purpose of this information is to introduce a technique called Rectangular Breathing to help recover your breathing.

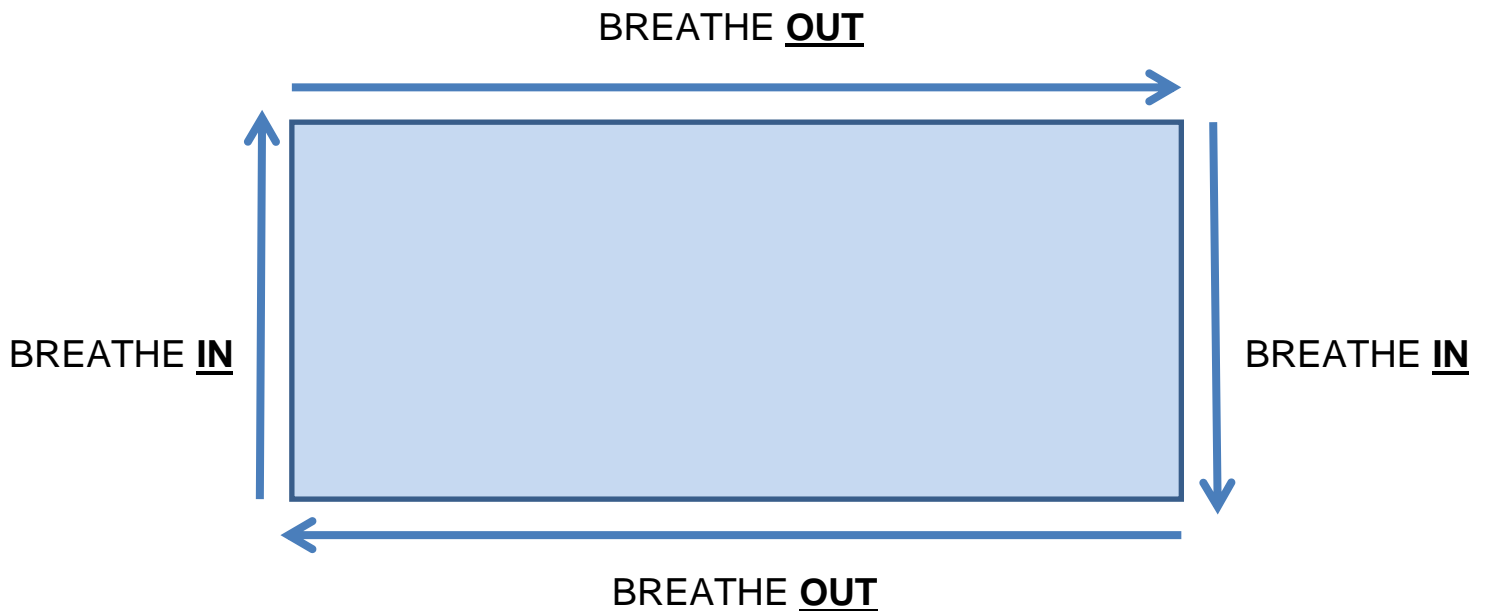
Rectangular Breathing

Rectangular Breathing is a strategy to help with breathlessness, anxiety and panic. It can be used in combination with either pursed lip breathing, or breathing control.

- Focus your sight on something rectangular, for example a window or screen; many people choose a family photograph or relaxing image
- Follow the sides of the rectangle with your eyes clockwise
- Breathe in through your nose on the shorter edges
- Breathe out through your mouth on the longer edges, through pursed lips if it helps
- Focus on the **breath out** and slowly make it longer, to slow down and regulate your breathing
- Follow the rectangle round until you feel relaxed and in control of your breathing again



Patient Information



If you have any concerns or queries regarding your exercise then please ask a member of staff for advice. **You can contact the Therapy Department on 024 7696 6013.**

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The Trust has access to interpreting and translation services. If you need this Information in another language or format please contact the Therapy Department on 024 7696 6013 and we will do our best to meet your needs.

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Document History

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