

# Pursed Lipped Breathing

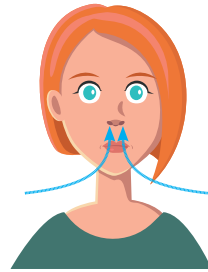
This technique helps to slow down breathing pace by putting in extra effort to each breath taken.

1



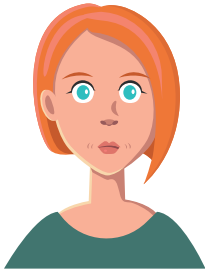
Relax your shoulders and neck

2



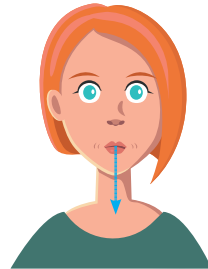
Keeping your mouth closed, slowly breathe in through your nose for two seconds

3



Pucker/purse your lips as if you are about to whistle

4



Breathe out through your pursed lips to the count of four seconds

Practice this technique four or five times a day at first, to correctly learn the breathing pattern.