

Breathing control

Information for patients



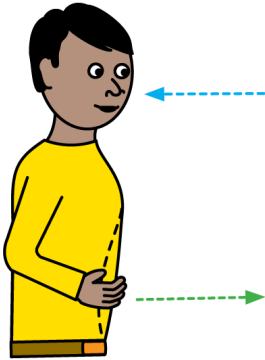
**Easy
Read**



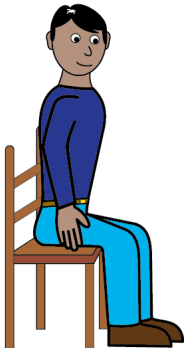
easy read



relaxation



sat down

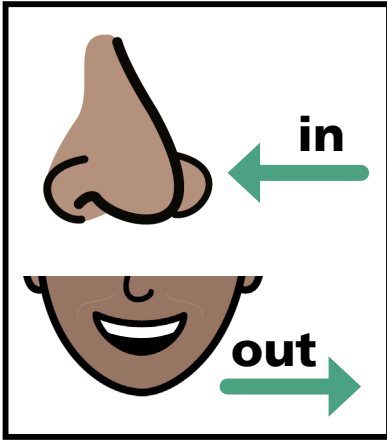


This booklet uses easy words and pictures.

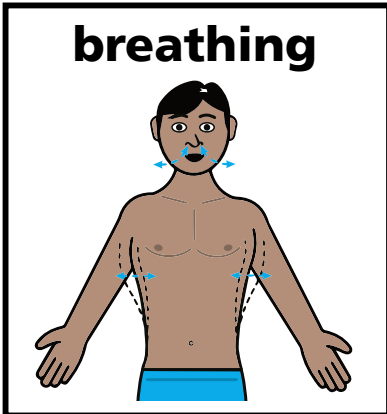
You might want to ask someone to help you read it.

Here are some breathing exercises to help you relax.

Make sure you are sat in a comfortable position.

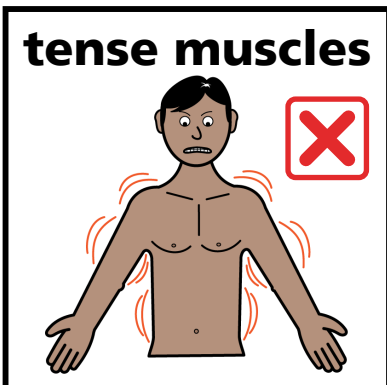


Breathe in through your nose and out of your mouth.



You breath in and count to one.

Breath out and count to do two in your head and stop.



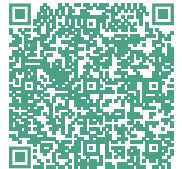
You must try to relax your muscles when you are doing your breathing exercises.



What did you think of your care?

Scan the QR code or visit bit.ly/nhsleedsfft

Your views matter



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