

CONQUER ASTHMA CHEAT SHEET

BREATHING BASICS

- Close your mouth
- Nasal breathing is essential
- Breathing should be silent, gentle, & deep
- There should be minimal torso movement
- Use your diaphragm to drive the breath
- Avoid big, fast, erratic breathing

MEASURE YOUR BREATHING

- Breathe normally, nasally for 2-3 min
- After a full, natural exhalation, pinch your nose, and hold your breath
- Measure the seconds until you *feel* the desire to breathe.
- This measure is called *The Control Pause*

BE PROACTIVE

- Have your inhaler with you
- Recognise your triggers
- Practice daily breathing exercises
- Eat well
- Get good quality sleep
- Learn *The Buteyko Breathing Method*

IS YOUR BREATHING GOOD?

- *The Control Pause* is a measure of your breathing quality
- If your score is less than 20 seconds, you have work to do (a great opportunity)
- A higher score means less asthmatic symptoms and inhaler reliance

SYMPTOMS BUILDING?

- DON'T PANIC
- Have your inhaler close by
- Keep your mouth closed
- Calm your breathing
- Do the "Breathing Recovery" Exercise
- Use your inhaler if necessary

BREATHING RECOVERY

- Breathe through your nose in and out for 2-3 cycles
- Then pinch your nose and hold your breath (on the exhalation) for 5-10 sec
- Repeat the cycle for 10 minutes

BE SAFE & SENSIBLE

- Visit your doctor if breathing issues persist, don't guess!
- Call an ambulance for all emergencies

LEARN MORE



the
breath
geek.

