These breathing exercises can be done in sequence for about 2 minutes each or done separately throughout your day. There is also a video demonstrating a breathing technique to do if you get a cold/ chest infection from a UK doctor.

Remember not to strain as you breathe in. If you get light headed at the beginning decrease the size of your breath in. You **can increase the time** up to 10 minutes as you get more comfortable doing them**.**

1. Belly Breathing

While sitting up straight with arms by your side or lying down….take a **comfortable** breath in through your nose…

breathing in slowly and deeply so you can feel your **belly rising and rib cage expanding** then breathe out through your nose or mouth **slowly and completely**.

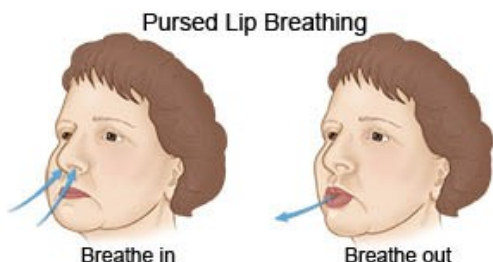Counting may help you slow down your breathing.

You may want to do a slow count of 6 as you breathe in and a count of 6 as you breathe out.

Do this starting off with **2 minutes then increasing up to 5 - 10 minutes** over time.
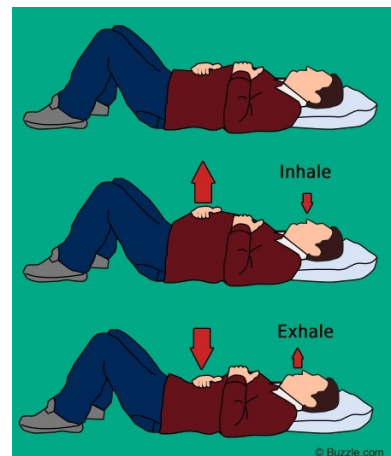
2. Elongated Exhale

Same as above but this time **pause** for a count of 2 after the inhale and lengthen the exhale for a count of 10.
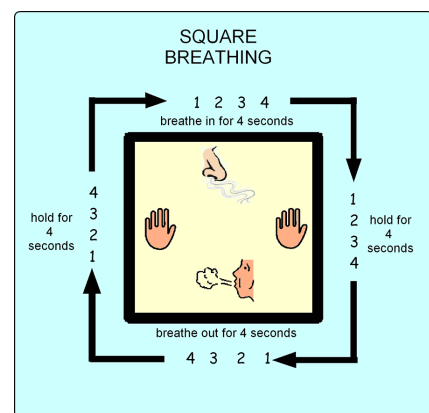
3. Pursed Lip Exhale

Same as above (#1 & #2) but this time purse your lips as you breathe out slowly.

Try engaging your abdominal muscles to push air out as you breathe out.

4. Square breathing.

Inhale through the nose slowly and deeply for a count of 4…Hold your breath for a count of 4…Exhale through your mouth for a count of 4…Hold for a count of 4

Link to video
https://www.today.com/health/coronavirus-breathing-technique-may-help-covid-19-patients-breathe-better-t177870