

Breathing Exercises

Diaphragmatic Breathing

1. Place your hands on your stomach.
2. Inhale slowly through your nose while pushing your stomach out.
3. Slowly exhale through pursed lips. Pull your stomach muscles in toward your backbone.

Controlled Coughing

1. Inhale deeply through your nose and hold for 2 to 3 seconds.
2. Cough 2 times using short, small coughs – once to loosen mucus and once to cough out mucus.

