

## Breathing positions

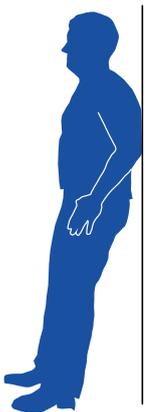
Some positions can make it easier to fill your lungs with air when you breathe in. Below are some positions that you might find helpful. Not every position will work for everyone. Try them out and see what works best for you.

1. Sit upright in a chair with your back against the back of the chair and rest your hands on your thighs.



2. Sit on a chair leaning forward with your forearms resting on your thighs.

3. Sit or stand leaning forward with your arms resting on a ledge, for example a windowsill or table.



4. Lean back against a wall with your feet placed a comfortable distance from the wall and slightly apart. Relax your shoulders and let your arms hang down by your sides, or rest them in your pockets.

5. If you're in bed, you can lean back against a few pillows so that you're sitting upright. Or you can lie on your side with a few pillows under your head and shoulders. Make sure the top pillow supports your head and neck. A V-shaped pillow can be helpful.

