

Relaxed Throat Breathing Exercises

1. Sip water before and after doing these exercises.
2. Exercises:
 - a. Shoulders Down
 1. This is the cue for you to relax.
 - b. Hand on abdomen
 1. This helps you focus on easy abdominal breath support – the best and the most relaxed way to breathe.
 - c. Gentle, quick “sip” of air IN (pursed lip “sip, sip, sip”)
 1. Breathe in through your mouth (using a straw cut to 3” is helpful, but just pursing your lips can work also).
 2. Pursed lips around the straw.
 3. About 1 second for the INHALE.
 - d. Gentle, blow of air OUT (“blow, blow, blow”)
 1. Through the slightly tight lips around the straw.
 2. About 2-3 seconds for the EXHALE
 3. Breathing both IN and OUT should be easy and relaxed.
3. Practice 10 breaths, 5-7 times per day when you are NOT having symptoms. For example: in the car, when reading, watching television, or before medications. Regular practice when you are feeling well is important.
4. Be patient when completing the breathing, it may take several minutes to start feeling relief.
5. Make it automatic and use it at the first sense of throat tightness to prevent or suppress the VCD. You may start with the INHALE or the EXHALE.
6. If asthma is also a concern, follow your physician’s instructions regarding taking an inhaler after completing the breathing exercises.
7. Use it to “pre-treat” yourself before known trigger for VCD. Possible triggers could be: change in air temperature, strong odors or perfumes, and exercise.
8. This technique can be a “stress-buster” too!