

Breath of Calm

Harnessing Mindfulness to manage stress, anxiety, and breathlessness in chronic lung disease

What is mindfulness?

Mindfulness is the practice of being fully present and engages in the current moment without judgement. This is a holistic approach for those with chronic lung disease to reduce stress, lower anxiety levels and decrease respiratory symptoms

Mindfulness Techniques

Mindful breathing	<p>Pursed-lip breathing: Decreases shortness of breath, increases arterial oxygen levels, and prevents hyperinflation.</p> <p>Breathe a slow, deep breath in through your nose, then breath out slowly through pursed lips</p> <hr/> <p>Diaphragmatic breathing (belly breathing) : Activates the parasympathetic nervous system and Increases relaxation</p> <p>Relax your shoulders and chest and take a slow deep breath in through your nose, feeling your belly rise. Hold slightly at the top, then release all your air and let your belly fall.</p>
Meditation	<p>Body Scanning: Body centered meditation focusing on relaxing the body and connecting to your emotions, scanning the body for tension, pain or anything out of the ordinary.</p> <p>Begin by laying down or finding a comfortable spot to sit. Start at your toes, squeezing your toes then allowing them to fully relax. Now do the same thing with your feet, legs, and slowly make your way to your head until your body is fully relaxed.</p> <hr/> <p>5-4-3-2-1 Technique: Mindful centered meditation to reduce anxiety and bring your</p>

	<p>mind to the present</p> <p>Find a relaxed position either laying or sitting down. Slowly observe around you for: 5 things you can see, 4 things you can feel, 3 things you can hear, 2 things you can smell, and 1 thing you can taste.</p>
<p>Mindful Movement</p>	<p>Mindful Walking: Incorporates mindfulness to movement and amplifies mind body connection.</p> <p>Take a leisurely walk, paying attention to each step, and the environment around you. Focus on being in the present.</p> <hr/> <p>Gentle Yoga: Incorporates mindfulness to movement and amplifies mind body connection.</p> <p>Practice easy, comfortable yoga poses, focusing on how your body feels as it moves and in each position. Incorporate breathing for deeper mind body connection.</p>

Relevant Resources

BluZone Health

BluZone health provides a comprehensive online Cardiopulmonary rehab program including a 10-part mindfulness series that can be accessed at any time.

www.bluzone.health

