



## Techniques to Relax Air Passages

### Proper Breathing

1. When you are having acute asthma, try to breathe as normal as possible.
2. Sit with one hand on your upper chest and one hand on your stomach.
3. Inhale through your nose. The hand on your stomach should rise. The hand on your upper chest should not move at all or very little movement.
4. Hold your breath for three seconds.
5. Exhale slowly with your lips puckered as if you are blowing out candles.
6. Repeat steps 1-4 until breathing stabilizes.

### Progressive Muscle Relaxation Technique

Progressive relaxation involves tightening and relaxing muscles. Start at your toes and go up to your eyes and scalp. Tighten one muscle at a time for three seconds and then relax. When you have gone through every body part (toes, feet, thighs, hips, buttocks, stomach, hands, arms, shoulders, jaws, face, eyes, and scalp), sit quietly for five minutes, thinking about how relaxed you feel.

### Imagery

Imagery is the use of the mind to relax the body. Think about a peaceful place like the woods, a lake, or a flower-filled field. Children may want to think about floating on clouds, flying like a bird, or butterflies. Think of the sights, sounds, smells, and feelings you would experience if you were actually there. Picture yourself there, calm, relaxed, and peaceful.