

Relaxation

Learning to relax

Breathlessness can often cause anxiety and feelings of panic. Anxiety tends to make the feeling of breathlessness stronger, which in turn leads to more anxiety. It is important to remember that breathlessness in itself is not harmful and your breathing will get better on resting. It is also possible to try to control the level of anxiety you are feeling and relaxation is one way of helping with this. Relaxation is a useful skill that you can learn and there are different exercises that can help you.

How can I control my anxiety?

- Recognise what triggers or sets off your anxiety
- Write down the kinds of things that worry or concern you
- Try not to worry about future events, concentrate on the present
- Try to identify problems and solve them one at a time
- Tell your health care team how you are feeling
- Learn a way of relaxing that works for you

Preparing for relaxation

Relaxation may not come easily initially, but like any new activity, the more you practise the easier and more effective you will find it. Try to allow yourself some time each day to practise your relaxation exercise.

Positioning

- Ensure that your neck, shoulders and arms are relaxed
- Sit or lie with your legs uncrossed
- Try to have your elbows supported at your side on cushions or on the arm of the chair
- Let your shoulders and arms sink down into the cushions.
- Try to close your eyes. If this is too difficult, choose a spot in front of you, on the wall or floor and keep your eyes fixed on this point. When you are relaxed it will be easier to keep your eyes closed.

When you finish your relaxation exercise

- Become aware of the real surroundings by listening to the sounds around you
- Be aware of how relaxed you feel
- Start to move very gently by stretching your arms and legs before moving from your position
- Try to see the small details using your imagination
- Slowly move on to add to this with the senses of smell and sound
- Ask yourself what you can hear (maybe seagulls, waves or wind) and smell in your special place.
- Imagine picking up a small object, such as a shell, some sand or a flower

Practice relaxation recordings



This leaflet is updated regularly. For the most up to date information please visit <https://loros.co.uk/our-care>.

In cases of comments or complaints, please contact:

Chief Executive, or Director of Care Services, LOROS, Groby Road, Leicester LE3 9QE or, Care Quality Commission, East Midlands Office, Citygate, Gallowgate, Newcastle Upon Tyne NE1 4PA

If you would like this information in another language or format, please telephone 0116 231 8435 or email info@loros.co.uk

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