

When I get Breathless

- **I have had this feeling before – I know it will go away soon.**
- **STOP, sit down and lean forward**
- **I am going to use my hand held fan and concentrate on breathing out**
- **There is nothing to be frightened of – I really am ok**
- **I can do this – I am doing it now.**

After you have recovered from feeling anxious or more breathless, remember to look back on the event and say 'I did it. Next time I will not have so much to worry about'

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