

The use of fans is not being recommended during the coronavirus outbreak due to the risk of it spreading infection

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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