BREATHING – SELF-ASSESSMENT

Over-Breathing Symptoms Checklist

	Yes	No
Do you breathe through your mouth (at computer, watching TV, in car)?		
Do you breathe through your mouth when exerting (climbing stairs, exercising)?		
Are your shoulders hunched?		
Do you get short of breath during and after exertion/ sport?		
Do you hold your stomach in?		
Are you breathing from upper chest?		
Do you push the air out of your lungs?		
Do you yawn or sigh frequently?		
Is your breathing rapid?		
Do you take frequent deep breaths?		
Do you breathe without pause?		
Are you easily tired?		
Are you always thirsty?		
Do you still get a blocked or runny nose?		
Do you easily get anxious or stressed?		
Do you have trouble getting off to sleep or have restless sleep?		
Do you breathe through your mouth when sleeping?		
Do you snore?		
Do you wake up groggy?		
Do you get frequent sneezing fits/coughing fits or get chest tightness?		
Total score		

How well are you breathing now?

If you answered YES to any of the symptoms listed above, then you may need help getting your breathing back on track. The higher the score, the more help you need.

Why are my symptoms returning?

1. Increased stress: home/work/change of job, house move/relocation
2. Recent bereavement
3. Long-haul air travel/frequent air travel
4. Over-breathing when speaking (refer to section on breathing and speaking in book)
5. Loss of breathing awareness
6. Over-eating and over-consumption of refined carbohydrates, dairy, caffeine
7. Over-sleeping, not getting enough sleep
8. Lack of exercise or over-training (particularly athletes in training)
9. Spending too much time in front of screen technologies without a break
10. Sleeping in a poorly ventilated or hot stuffy room, presence of mould
11. Cold, flu or infection (including focal infection, e.g. Tonsillitis, infected tooth, gum disease)

Don't suffer with symptoms when all it may take is one session to get you back on track.
If you feel you need help, phone us on (09) 360 6291 to book a booster session.