### Calming Breathing Methods When Wearing a Personal Protective Face Mask

Use these methods to slow your breathing. This will help prevent buildup of CO₂ and help manage feelings of anxiety.

#### 1. Breathe Slowly in Personal Protective Equipment (PPE)

Before putting on PPE and while wearing it, breathe slowly to keep calm. Here is how:

- Put your hand on your belly. Slowly inhale for 3 to 4 seconds. Feel your belly rise.
- Hold the breath for 1 to 2 seconds.
- Now, slowly exhale, taking 3 to 4 seconds. Feel your belly drop.
- Try this again. This time, while you breathe out, visualize the word "calm" or a calming phrase.
- Keep using slow calming breaths when wearing your protective mask.
- Do not worry about the number of seconds as long as your breathing is slow.

#### 2. Take Time to Feel the Mask Before You Put it On

If you are feeling anxious about wearing a mask, try this:

- Hold the mask in your hand to feel the texture.
- Hold it up to your face to know how it feels against your skin.
- Hold the mask in front of your mouth and feel what it is like to breathe against it.
- Now you are ready to put the mask on your face.

#### 3. Remind Yourself that You are Okay

Here are some things to say to yourself if you notice feeling distressed while wearing PPE:

- I will focus my attention on the task in front of me.
- I will do the best I can to help my patient.
- The mask is here to protect me.