What is Breath Cycle?

Breath Cycle is an online programme formed in 2013 by the Respiratory and Cystic Fibrosis Medicine team at NHS Glasgow with Scottish Opera. It explores the benefits of breathing techniques and vocal exercises for lung health. In 2021 the programme was adapted for those living with Long COVID, specifically with respiratory difficulties.

Participant response to these workshops has been overwhelmingly positive, with improvement in breathing symptoms, energy levels and mood all often cited.

Online resources have now been created and are available to use for free. These are short tutorials with exercises, which anyone with internet access can follow from home.

The attached toolkit includes posters and images to help you share information about Breath Cycle with your patients and colleagues.

What is in the Breath Cycle toolkit?

Please help to raise awareness of Breath Cycle with people living with Long COVID by printing the posters for your notice boards and using the images on your websites, intranets, email communications and social media channels.

Further information about Breath Cycle is available on the [Scottish Opera website.](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.scottishopera.org.uk%2Fjoin-in%2Fbreath-cycle%2F&data=05%7C01%7Clinsay.taylor%40nhs.scot%7C3da9b16b013e46bc211308db4bbaf34c%7C10efe0bda0304bca809cb5e6745e499a%7C0%7C0%7C638187038533681356%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=OZg0DsPlGLDGtgUCnBFi2OWvSDBir%2FJVQ07B1z1ZmCk%3D&reserved=0)