What does "Let me catch my breath!" mean?

When a person says,

"Let me catch my breath!"
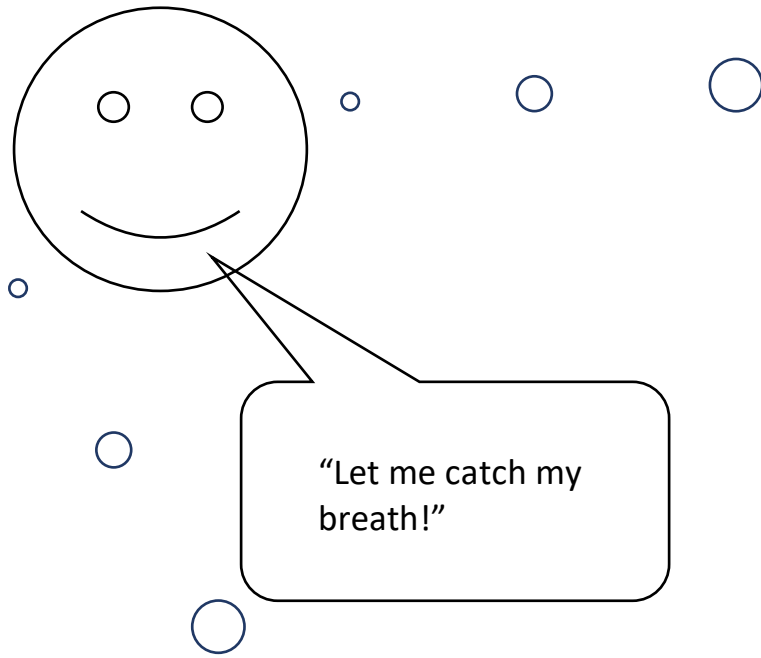
that person may be thinking,

I need to rest...

or

please stop and wait for me...
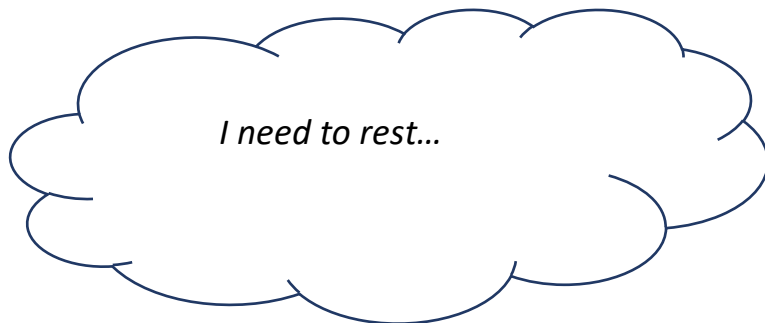
or maybe something else.

People often say, "Let me catch my breath," when they are running, carrying something heavy, or climbing many stairs.

Sometimes, people say, "Let me catch my breath" when they are very surprised, or at other times, too.

If someone says, "Let me catch my breath," it's usually helpful for others to stop and give that person time to rest or calm down.

Learning about what "Let me catch my breath!" means may help me help others!