

Energy Conservation Tips

1. Prioritize

Prioritize the most important tasks and complete them first - when you have the most energy in the day. Save tasks that can wait or are not time sensitive for later- don't stress if you do not get to them today.

2. Pace yourself

This can take practice, but take your time. Rushing through to get things done does not always mean we get them done faster. When we rush we can sometimes make more work for ourselves if we make mistakes (I always manage to drop something or make a mess when I hurry). It is also a common tendency to hold our breath when we rush.

3. Simplify your space

Decrease clutter in the home to make room for you and what you need to get done. Put frequently used items within reach to avoid reaching into high cabinet shelves. Keep frequently used items in the kitchen at counter level. Ensure your space is easy to navigate.

4. Ask for help

Don't be afraid to ask for help. Or, if you are able to, pay someone for the big projects or heavy duty tasks like house cleaning.

5. Check in with your breath

Take a moment to check in with how you are breathing to help you make your movements more efficient. Try the pursed lip breathing technique and see if it helps. If you are short of breath when doing any task or exercise, always stop immediately. Always consult with your healthcare provider if you have any breathing issues.

6. Have a plan

When doing a task that involves many steps, plan it out and have what you need gathered so you do not have to make more work for yourself. For instance, when showering or getting dressed- have everything you need in one place before you start.

7. Take a rest

Do not underestimate the power of taking a rest if you need to. In fact, planning for rest breaks is smart planning. Maybe you had something planned for the day,

but in the morning you did not feel up to it- maybe a rest is what you need. Planning for rest breaks with tasks is also a great way to implement pacing. Try not to get caught up in the mentality of trying to finish something just for the sake of finishing it. I know that it is hard to do.

8. Stop before you become fatigued

It is easy to get caught up in completing a task- but if you pass the point of being a bit tired and become fatigued- it will be harder to resume anything on that given day. Be mindful and aware of when you are getting to that point.

9. Use adaptive equipment

Utilize adaptive equipment to make tasks less taxing- reachers, long handled shoe horns, and sock aids are just a few items that can help you to lessen the amount of times you bend forward - therefore affecting your breathing. Tub seats and hand held showers can also be worth the investment.

10. Sit down if you can

If you can sit to perform a task, do it. Save your energy for times when you can't or activities that are more fun than food prep or folding laundry.

11. Rest after eating

Digesting takes energy. Resting for 30 minutes after eating may help you combat some fatigue. Just make sure that you stay seated upright- **do not lie down.**

12. Break down tasks into manageable parts.

You don't have to do everything all at once. Take a look and see if you can break it down- then implement the other tips!