



Energy Conservation Tips

- Do your most difficult activities when you feel your best.
- Break down difficult tasks into several shorter tasks with breaks in between.
- Do a task seated whenever possible rather than standing. For example, sit at the table when chopping items in the kitchen. Sit on a tall stool while washing dishes in the sink.
- Prepare ahead of time for tasks when you can. For example, if making an entire sandwich may be difficult, slice the tomato or lettuce in advance and lay it on a plate with 2 pieces of bread. Come back to it later to complete and then eat it.
- Allow extra time to get ready for appointments so you can take frequent rests and not get overly fatigued.
- Avoid quick rushed movements. Use music that is calming but has a driving beat when doing activities. This will help you get ready at a more methodical speed thus saving energy.
- Take frequent breaks when you feel like you are getting tired, rather than wait until you are so exhausted that a brief rest will not revive your energy level.
- Maintain relaxed breathing when possible.
- Make a list of items that are difficult to do, and space them out during the week when you can, or during your more energized times.
- Use easy to don clothing and shoes. Ask your occupational therapist for equipment that can make dressing and undressing easy.