

Energy Conservation

Practicing energy conservation strategies can help to make the most of your energy during the day. Think about how you might apply the principles below:

Pacing

Go slow, don't rush. Alternate work and rest. Divide tasks into short and manageable steps. For example, take a breath between steps when doing the stairs.

Prioritizing

When you decrease or eliminate unnecessary activities, you will spend energy on what is essential or important to you, and not on what is only done out of habit.

Organizing Time, Method, and Space

TIME:

- create a daily schedule and spread out heavy tasks over the week
- plan energy-consuming activities at times/days when you have the most energy

METHODS:

- eliminate unnecessary steps (e.g. pre-sifted flour)
- find easier alternatives (e.g. a grocery delivery service)
- practice new methods (e.g. pursed lip breathing, pacing) until they are automatic

SPACE:

- organize items so that they are easily accessible (within arms reach)

Relaxation

Relaxation is more than resting or sleeping – it can involve mental refocusing, reducing distractions, stretching, or doing a quiet leisure activity. By relaxing your muscles, your body is no longer wasting energy on tense muscles. Ensure that relaxation is part of your daily schedule.

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Assistance

Asking for help – make a list of things other people can help you with.

Accepting help – choosing to accept help may allow you to have more energy to do other activities throughout the day.

Body Mechanics

- Avoid lifting and carrying when possible
- Using proper posture and good lifting and carrying techniques will decrease the risk of injury, fatigue and shortness of breath.

Assistive Devices and Equipment

Use devices to decrease the amount of energy required to complete a task:

- Long-handled equipment to reduce bending
- Trolley or buggy to reduce the load you must carry
- Electric equipment uses less effort than manual ones
- Light-weight equipment requires less energy use

It may take some time to make energy conservation a habit. Try picking ones that you can easily add to your daily activities and then add others when you can.