

Your Health Matters

ENERGY CONSERVATION: ACHIEVE A BALANCE OF WORK, REST and PLAY

Break an activity down into steps.

When you do this, you can rest in between. This keeps you from getting tired. For example, dress in stages.

Plan your time and energy.

Try to balance each day with some light and some heavy activities. By planning small amounts of work each day, you might accomplish more!



Use a pattern of activity and rest.

Alternate periods of activity with periods of rest. This gives you time to recover. Think of a yo-yo. **UP** for some activity, **DOWN** for some rest, throughout the day.

Do not rush.

Pay attention to the speed you are working at. Practice working at a slow or moderate pace.

Set priorities.

Personal care and making meals and other tasks are important because they give you joy and purpose. Some tasks can be eliminated or done by someone else, such as cutting the grass.

Available in multiple formats

Your Health Matters

ENERGY CONSERVATION: ACHIEVE A BALANCE OF WORK, REST and PLAY



Use equipment to save energy and make activities easier.

Canes, walkers, bedrails, stair railings, grab bars, bath seats, raised toilet seats, reachers, sock aids and shoe horns are examples of equipment that can assist you in completing certain activities.

Avoid lifting or carrying.

Push, roll or slide objects whenever possible. If you need to lift place your feet apart, bend your knees and use both hands. Avoid bending from the waist, stopping, stretching and reaching.

Be aware of your body positioning.

The best way to sleep is on your side with a pillow between your legs or on your back. Sit with your head and back held straight and your arms and shoulders relaxed. Change your positions during the day. This will rest your body, help with circulation and prevent stiffness.

Keep things close.

Organize your working areas, activities and supplies.

Learn to identify stress.

Recognize your symptoms of stress and triggers.

Be aware of breathing.

Take deep, slow breaths when doing any activity.



Available in multiple formats