OHSU CARDIAC REHABILITATION SERVICES

Energy Conservation Guidelines

PLAN AHEAD

• Get everything you need together before you begin a project, activity or task.
• Delegate tasks to family members or friends who are willing.
• Leave yourself enough time: Hurrying is tiring.
• Plan for rest breaks: Never take on more activity than you can realistically accomplish.
• Keep a journal and assess your fatigue: What increases it? What decreases it?
• Prioritize activities that must be done daily vs. activities that can be done three times a week: Decide which activities are really important to you and which ones are not.
• Shop at grocery stores and/or malls during less busy times.
• Plan shopping trips with other people to help with heavier or bulky items.

ORGANIZE

• Keep items that you use often in easy-to-reach places (kitchen, bathroom, living room, bedroom, etc.).
• Store items within arm’s length: Bending and reaching above the height of your shoulders takes extra effort.
• Rearrange your workspace to eliminate awkward seated postures. Keep a chair or stool nearby to take seated rest breaks as needed. Install hand rails and/or grab bars and use them.

PACE YOURSELF

• Take rest breaks, at least twice a day for 30 minutes each.
• Take rest breaks during activities, but stay as active as you can.
• Practice deep, slow breathing during activity.
• Do not hold your breath when you are lifting/pushing/pulling.
• Sit down during activities whenever possible: Use a shower bench, dress while sitting on the bed or use a high stool at the kitchen counter.

ADAPT YOUR ENVIRONMENT TO YOUR NEEDS

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• Practice deep, slow breathing during activity.
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• Sit down during activities