

# 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

- Take rest breaks, at least twice a day for 30 minutes each.
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- Practice deep, slow breathing during activity.
- Do not hold your breath when you are lifting/pushing/pulling.
- Sit down during activities



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