

Energy Conservation



How to Conserve Your Energy

One of the most challenging things for people who have a lung condition is that daily tasks can become more difficult. Activities such as getting washed and dressed, climbing the stairs, going shopping etc. can become limited by breathlessness and/or fatigue. Fatigue is an excessive feeling of tiredness that impacts on your daily life.

There are ways that you can adapt your lifestyle so that you can do what you need to do without becoming excessively tired or breathless. The main ways are:

1. Time management
2. Prioritising
3. Planning
4. Pacing

Time management

Means scheduling events or appointments for times that are best for you and allowing plenty of time to get there.

Prioritising

You can consider what tasks you must do and choose which are the most important to be done in your day. There may be some that you can leave for the next or following day(s).

Planning

Once you have prioritised which tasks need to be done, you can think about how best to plan your day to achieve what you want to do, it is about being prepared.

Pacing

It is important to know your limitations and work within them. Take your time with your planned activities and stop before you feel tired. When you are feeling good it can be tempting to do as much as you possibly can, but this can lead to you feeling very tired afterwards and it can take time to recover from this. If, however, you stop before you feel exhausted then you will recover more quickly, and your level of activity will be steadier.

Some Strategies for Saving Your Energy

- Spread out the time you spend on a task, break it into parts. For example, if hoovering is difficult for you, you could split the job up - do the lounge one day, do the hallway a different day, do the task in small chunks to make it manageable.
- Think about whether you can sit down to do a task, jobs such as peeling vegetables could be done sitting at a table. Maybe you could get a perching stool for your kitchen sink to make washing up easier.
- Consider the storage of items within the home, e.g. heavy items that you use regularly are best stored at a height where you do not have to reach up high or bend down too low.
- Learn how to say no and delegate tasks to others that you do not need to do yourself. Learn how to be more assertive if that would be helpful for you.
- Regular exercise will improve your energy levels.
- Find out about equipment that is available to make things easier for you.
- Be aware of services that can support you in the community.





For more information please contact

Baywater Healthcare

Wulvern House
Electra Way
Crewe
Cheshire
CW1 6GW

Call: 0800 9160625

 BHLTD.pulmonaryrehab@nhs.net

 @BaywaterHealth

 Baywater Healthcare

 Baywater Healthcare



**ENHANCING
LIVES**