

ENERGY CONSERVATION

COPD Community Exercise Clinic

Energy conservation simply means reducing the amount of energy that is required to complete an activity. It's all about finding a balance between rest and work in your life.

The 4 P's



Prioritize

Decide which activities are most important to you and do these first.

Focus on the activities of highest importance and highest urgency.



Plan

Plan your day ahead to complete the activities that require the most energy coincide with the time of day that you have the most energy.

Alternate the easy activities with the ones that are more difficult.

Spread out activities requiring the most energy through out the week.



Pace

Take regular rest breaks, before you get tired or begin to feel pain.

Break down the larger jobs/tasks into smaller tasks.

Give yourself enough time to complete the task.



Position

Be aware of your body position when performing an activity.

Sitting is often best because it requires 25% less energy to do the same task seated than it does if you're standing.

Tips for Completing Activities of Daily Living

In the Kitchen

- Plan your meals weekly
- Gather all your ingredients and cooking items
- Keep spices or items you use often on the counter to avoid bending or reaching
- Sit to complete tasks as often as possible, or take breaks from standing tasks
- Cook larger batches of food so leftovers can be used for another meal
- Consider having your groceries delivered

Grooming

- Plan what you are going to wear
- Use dress aids to reduce bending over
- Sit down whenever you can
- Make sure that your clothing is not tight around your chest or waist
- Pace yourself as you get ready for the day and allow time to rest
- Keep all grooming items in an area that is easy for you to get to without having to reach or bend

Resting/Sleep

- Take a short nap (no more than 40 minutes)
- Try to remain fairly active throughout the day so that normal fatigue sets in around bedtime
- Maintain daily exercise routines to increase strength and endurance
- Do something relaxing before going to bed, such as taking a warm bath or listening to soft music or try relaxation techniques such as deep breathing, muscle relaxation or visualization