Pacing & Energy Conservation

Help Prevent Fatigue and Breathlessness

Plan your day

- Do the most important activities while you have the most energy. Don't do high-energy activities back-to-back. Use lightweight pots and pans for cooking. Keep frequently used dishes out rather than putting them away.

Plan rest periods

- Plan about 5-15 minutes between activities. Sit while performing tasks, such as washing dishes, bathing, brushing your teeth, etc. Use a shower stool.

Use a cart

- To move objects around the house. Push or slide objects instead of lifting them. Let dirty dishes soak—don't scrub them. After washing dishes, let them air dry.

Gather your clothes together

- Before getting dressed. Sit down while dressing. Don't bend over to put on shoes and socks. Instead, bring your feet up or use a long-handled shoehorn to put on shoes.

Keep items you use often at waist height

- To avoid having to reach, bend or lift. Consider home modifications or renovations that reduce effort or strain.

Put everything you need in one spot

- Before starting an activity. You won't have to get up as often.

Reduce shopping stress

- Keep grocery bags light and easy to carry. If you have someone to carry them for you, consider buying nonperishables in bulk. You won't have to shop for them as often.