

# Energy conservation

**Fatigue** can last for days or weeks and may fluctuate day to day. Understanding and managing fatigue is important to maximise your quality of life and function.

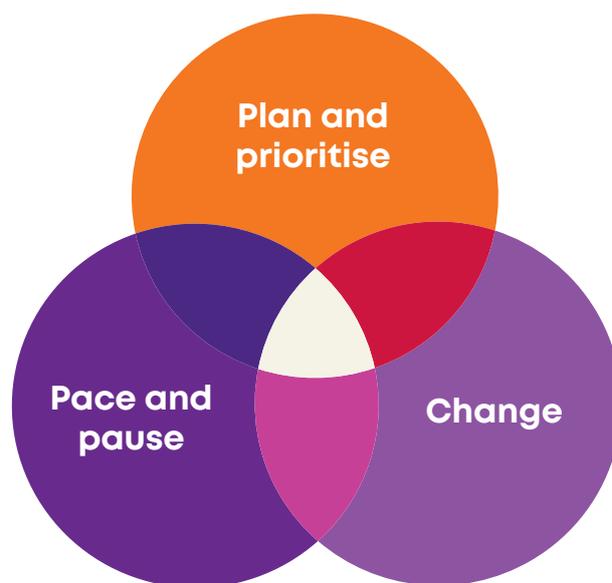
Fatigue can include: tiredness (physical and cognitive), weakness and/or low levels of energy.

**Energy conservation** plays an important role in managing fatigue and saving energy.

Activities of daily living are the tasks you perform each day such as washing, dressing, housework, shopping, leisure and work. All of these activities require energy.

By adapting or changing the way you perform a task or the set up of the environment, you can conserve energy and reduce fatigue levels.

Applying different principles and techniques to tasks may help in various ways. Keep in mind to use your instinct and constantly evaluate your day to ensure you are doing what works best for you.



## Plan your day

Have a daily routine - get out of bed at a similar time each day, have a shower, get dressed.

Be organised: work out the time of day when you have more energy i.e morning or evening.

Spread out heavier tasks over the day or week and eliminate unnecessary jobs or ask for help.

Keep a diary - record times when you have high and low levels of energy to plan for the future.

Prioritise activities which are most important to you. Plan a time and the best way to do these activities.

## Eliminate unnecessary effort

Sit rather than stand whenever possible, for example during:

- meal preparation
- washing dishes
- showering and dressing

Use adaptive equipment to make tasks easier, such as a:

- long handled reacher
- shower chair
- hands-free headset for your phone
- jar opener

See if your grocery store provides a home delivery service.

## Relaxation

### Benefits of relaxation:

- Helps to cope with situations perceived as stressful or overwhelming
- Helps to avoid unnecessary fatigue
- Raises the threshold of tolerance to pain

Relaxation is a skill that can be learnt and practiced. Aim to find something that makes you feel relaxed, such as listening to music, spending time with people, being at a favourite place.

Expect both good and bad days and cope using your strengths and resources available at the time.