



Top Tips for Using Your Own Energy Wisely

Fatigue is a commonly experienced symptom when living with an energy-limiting long-term condition and can have a significant impact on your ability to participate in everyday activities. Research indicates that practicing energy management strategies can be helpful to reduce the impact of this symptom.

We have put together some practical strategies that draw on the four principles of energy management – planning, prioritising, permission and pacing, which you may be able to apply within your everyday activity to help reduce the impact of fatigue.

Shopping

- Use Online shopping for groceries or click and collect
- Ask someone to shop for you
- Use the “Scan as you shop” service at the supermarket
- Don’t overload your bags
- Don’t unload all of the shopping at the same time. When packing bags, separate freezer & fridge items from other and unpack these first. The rest can wait until later
- Use a trolley even if you aren’t buying very much

Cooking

- Use ready meals
- Create your own ready meals by batch cooking or cooking an extra portion and freezing
- Buy ready chopped frozen vegetables
- Keep items you use regularly close together
- Use a perching stool if you have space in the kitchen

Housework

- Tidy as you go
- Take something with you whenever you go upstairs
- Use a tumble dryer rather than washing line
- Dust, tidy or vacuum one room at a time rather than doing multiple rooms
- Use a robot vacuum cleaner
- Using sheets & blankets or lighter duvets may be easier than a heavy duvet when changing bedding.



Personal care and dressing

- Sit down to wash or dress
- Use a shower stool or seat
- Reduce bending, use long handled equipment to reach your back or feet
- Put on a towelling dressing gown after showering rather than using a towel

Gardening

- Use long handled gardening equipment to reduce bending
- Use a garden kneeler or stool
- Work at waist height, consider having raised flower or vegetable beds
- Avoid heavy lifting, use a trolley / wheelbarrow
- Locate tools centrally or have multiple identical items so you can store them close to where you are working
- Choose plants that require less maintenance



Work

- Speak to your employer / Occupational health about possible adjustments
- Take regular rest breaks, if possible a short walk can boost energy levels
- Work from home if able
- Ensure you have good posture while working, complete a display screen assessment & discuss with your employer
- Avoid multi tasking
- Pace activities that cause fatigue across the week if you can
- Wear supportive footwear if you are on your feet a lot in work
- Complete work tasks in sitting if possible but do move around regularly
- Remember that mental activity drains energy as well as physical activity

Social activities / Out & About

- Plan ahead – pace these activities across the week / month
- Arrange to meet closer to home to reduce travel
- Remember that social activity can drain your energy, not just physical activity
- Choose quieter places or go at times when it may be less busy



(Images courtesy of Vecteezy.com)