

# Energy conservation.

Staying active and keeping up your routine is an important part of managing your respiratory condition.

Energy conservation techniques will help you to perform the daily activities you need to, without getting so tired and breathless.

Learning techniques to help you conserve energy and prevent you getting tired during day-to-day tasks will allow you to save energy for activities that you enjoy.

## The five 'P's

### 1. PRIORITISE

- What do you have to do today?
- Get the most urgent activities done first
- Is there anything that someone else could do?
- Give a high priority to things you enjoy.

### 2. PLAN

- Try to do the activities that require the most energy (shopping, housework etc) at times of the day when you have the most energy.
- Know your limits and plan a realistic schedule for the day or week – allow enough time to get each activity done.
- If you need equipment for the activity, get everything together first to avoid unnecessary trips.
- Alternate more strenuous activities with gentler, slower ones.

### 3. PACE

- Slow down. A slower, regular speed uses up less energy and allows you to achieve more.
- Alternate more strenuous activities with gentler, slower ones.
- Break up difficult tasks into smaller steps.
- Take regular breaks.
- Include time for rest/relaxation in your schedule.

### 4. POSITIONING

- Reduce the need for reaching/bending by organising the storage spaces in the house if possible. Long-handled aids can also be helpful.
- Avoid carrying heavy objects if possible. Pushing or sliding objects uses less energy.
- Performing activities in the sitting position uses less energy than standing.

### 5. PURSE-LIP BREATHING

- Use your breathing control techniques when doing physical activities.
- 'Exhale on effort'.

## BOC Healthcare

Community Respiratory Service, Priestley Road, Worsley, Manchester M28 2UT, United Kingdom  
[www.bochealthcare.co.uk](http://www.bochealthcare.co.uk)

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