

# Saving Energy Using 3-Ps

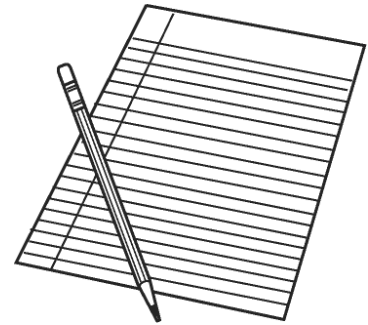
For people with a chronic illness such as lung disease, saving energy, also called energy conservation, is very important. You need to find a good balance between rest and activity because your energy stores are limited.

Having lung disease may cause you to become short of breath and tire more quickly. However, this should not keep you from doing tasks that you need to do or that you enjoy. You may just need to change how and when you do tasks to get them done.

You can apply the 3-Ps of saving energy to your daily life to help you save energy. Plan, prioritize and pace are the 3-Ps.

## **Plan out your daily schedule.**

- Spread out activities over the course of your day and week.
- Alternate heavy and light tasks.
- Have the right space and tools to do the job to avoid repeating steps that could tire you more quickly.



## **Prioritize your daily tasks in order of importance.**

- Important tasks should be done first and when you have the most energy, such as in the morning or after a rest period.

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- When prioritizing, be sure to include all activities including self-care, chores or work, exercise, and leisure activities.

**Pace yourself throughout your day.**

- Avoid rushing and allow enough time for each task.
- Rest before you feel tired.
- Listen to your body and know your limits.
- Know that some tasks may require help from others.



- ❖ **Talk to your doctor or others on your health care team if you have questions. You may request more written information from the Library for Health Information at (614) 293-3707 or email: [health-info@osu.edu](mailto:health-info@osu.edu).**