



Asthma - Reactive Airway Disease

Conserve Your Energy

Respiratory Care Department

Another way you can help yourself feel better is to conserve your energy. Pacing yourself, avoid bending and lifting, and simplifying tasks will allow you to do more without getting short of breath.

Tips for More Energy

To help conserve your energy, try the following tips:

- Plan your time so that your tasks are spaced throughout the day.
- Alternate between hard tasks and easy ones. Allow plenty of time so that you don't have to hurry.
- Take 20- to 30-minute rest breaks after meals and throughout the day.
- Simplify tasks. Assemble everything you need first. Sit whenever possible, and keep your arms close to your body. Use slow, smooth motions.
- Keep the things you use most at waist level, so you can get to them without reaching or bending.
- Use assistive devices such as electric can openers, tongs, long-handled or power tools, and automatic appliances.
- Sit to dress and undress, shave, brush your teeth, and comb your hair. Use a long-handled reacher to pull on socks and shoes.
- Sit on a bench to bathe. Use warm not hot water. Dry off by wrapping yourself in a terrycloth robe.
- Use lightweight, nonstick pots and pans to cook. Soak, rather than scrub, dirty dishes. Air-dry dishes, or use a dishwasher.
- Use a cart with wheels to move dishes and other household items.
- Ask the checker to pack grocery bags so they are light and easy to carry.