



## Tips to Save Energy

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University of  
Pittsburgh  
Medical Center

Information  
for Patients

- Plan ahead so that you are not doing all of your work in one day or at one time during the day.
- When climbing up stairs, put 2 feet on each step. Stop and rest if you feel you need to.
- Space your activities and work throughout the day. Do some work, then take a break. The trick is to quit **before** you feel tired. If you do small amounts of work at a time, you will be able to do more in the long run.
- If you feel tired, dizzy, or short of breath, you need to stop and rest.
- Sit rather than stand when doing activities such as ironing, washing dishes, shaving, or brushing your teeth.
- Ask your family and friends for help.
- At work, sit and rest during breaks and at lunch time.
- Remember that saving your energy is even important on your good days, since you may be tempted to overdo it.
- When doing a task, gather all the supplies you will need first. That way, you will avoid having to go back and forth as you are working. Buy a small laundry cart with wheels to carry items easily throughout the house.
- You may have a certain time each day when you feel more energetic. Plan to do difficult tasks at this time of day. That way, you can take it easy during your low-energy periods.



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For help in finding a doctor or health service that suits your needs, call the UPMC Referral Service at 412-647-UPMC (8762) or 800-533-UPMC (8762).

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