

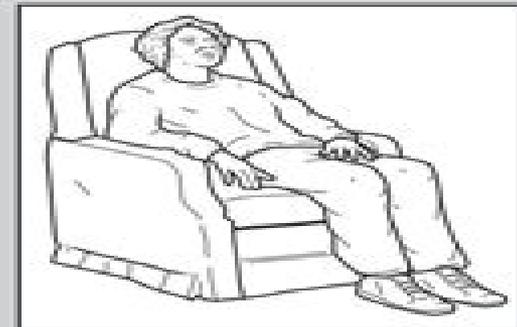
# Saving Energy and Making Work Simple

Balancing rest and activity when recovering from an injury or illness or coping with a chronic illness is very important. Saving energy, also called **energy conservation**, allows you to accomplish everyday tasks. You may need to change how and when you do a task in order to not put unrealistic work demands on your body. **The way you do a job is as important as what you do.**

**Remember to Plan, Prioritize and Pace yourself through each task:**

- **Plan** out your daily schedule.
- **Prioritize** your tasks, so you get the most important things done first.
- **Pace** yourself, so you can get more done.

Apply the **3 Ps of saving energy** and the below tips to your daily life to help make tasks easier.



## General tips

1. Sit when doing a task. Standing takes more energy.
2. Do work with your arms instead of your legs. Working with your legs takes more energy.
3. Wait 30 minutes after eating before doing a task. Work done after a meal causes more demand for oxygen to your heart.
4. Avoid doing activities in temperatures above 80 degrees F with humidity and below 20 degrees F. Extremes of heat and cold have a dangerous effect on the heart.

## Pace yourself to save energy

1. Get at least 6 to 8 hours of sleep each night.
2. Rest for 20 to 30 minutes at least twice a day. If you get tired, stop and rest for 15 minutes whether you have finished the task or not.
3. Alternate easy tasks with hard tasks or spread a task out over the day.
4. Focus your energy on the things you can do.
5. Ask for help if the demands on your energy are too much. Hire help as needed.
6. Avoid stress.

# Energy Making It Work

**M Lipman**



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## **Table of Contents Energy Making It Work**

1. Understanding the eBook Energy Making It Work
  - The Rise of Digital Reading Energy Making It Work
  - Advantages of eBooks Over Traditional Books
2. Identifying Energy Making It Work
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Energy Making It Work
  - User-Friendly Interface
4. Exploring eBook Recommendations from Energy Making It Work
  - Personalized Recommendations

- Energy Making It Work User Reviews and Ratings
- Energy Making It Work and Bestseller Lists
- 5. Accessing Energy Making It Work Free and Paid eBooks
  - Energy Making It Work Public Domain eBooks
  - Energy Making It Work eBook Subscription Services
  - Energy Making It Work Budget-Friendly Options
- 6. Navigating Energy Making It Work eBook Formats
  - ePub, PDF, MOBI, and More
  - Energy Making It Work Compatibility with Devices
  - Energy Making It Work Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Energy Making It Work
  - Highlighting and Note-Taking Energy Making It Work
  - Interactive Elements Energy Making It Work
- 8. Staying Engaged with Energy Making It Work
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Energy Making It Work
- 9. Balancing eBooks and Physical Books Energy Making It Work
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Energy Making It Work
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Energy Making It Work
  - Setting Reading Goals Energy Making It Work
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Energy Making It Work
  - Fact-Checking eBook Content of Energy Making It Work

- Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
- 14. Embracing eBook Trends
  - Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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