

ENERGY CONSERVATION



Caring for your grandchild while working and juggling multiple responsibilities can be exhausting! You may feel like you have less energy to do the activities you are used to doing. Learning how to "conserve" or save your energy will help you have the endurance you need to do the everyday things you enjoy doing. Conserving energy means finding a good balance between childcare, work, rest, and leisure activities. This will give you the energy you need to enjoy all of the things in your life!

THE 4 P'S OF ENERGY CONSERVATION

POSITIONING
PACING
PLANNING
PRIORITIZING

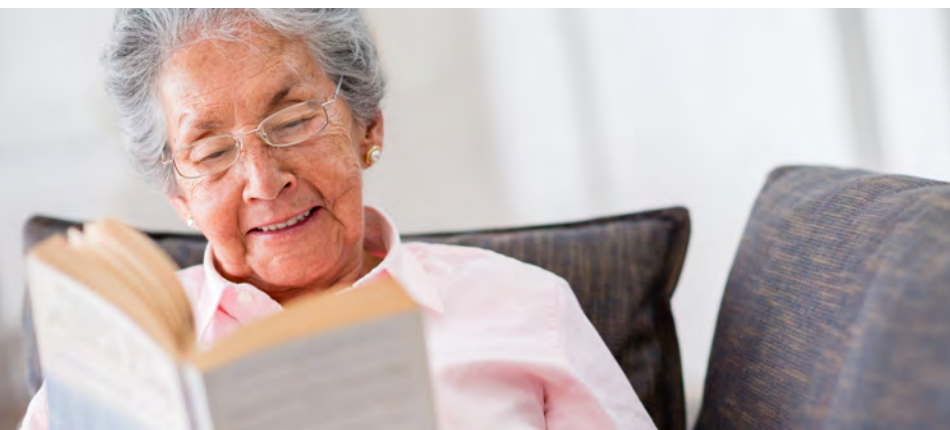




POSITIONING

The way you are doing tasks may be using more energy than is needed. Think about how your body is positioned as you do your everyday activities.

- Sit while doing a task, standing takes more energy.
- Try sitting down while you load the dishwasher, fold clothes, or prepare meals.
- Bring frequently used items down to countertops to avoid excessive stretching and bending.
- Use good body mechanics and posture to relieve fatigue on your neck, back, and shoulders.



PACING

Pace yourself by taking time to rest and relax.

- Avoid trying to rush through a task as fast as possible, this can cause more fatigue.
- Allow time for rest breaks while you are doing an activity.
- Stop before you become overtired.
- Switch between active tasks (cleaning) with quiet tasks (reading the paper).
- Break up big activities into smaller parts.
- Rethink your activities with rest breaks in mind.



PLANNING

Plan to do activities that are most important when you have the most energy.

- Plan activities ahead of time to avoid extra trips.
- Make a to-do list or visual schedule for the day/week/month.
- Gather the things you need before starting a job.
- Plan to switch between heavy and light tasks throughout your day/week.
- Do not pack in too many activities into one day.
- Plan ahead for busy weeks (carpool, order groceries online, have a friend help with an errand).
- Plan to get a good rest each night.

Deciding what you should do first can help when you are trying to conserve energy. Think about your childcare, work, household, and leisure activities and then decide which ones are most important to you. Ask yourself these questions:

- What are the most important things in my life?
- What do I want to put my energy towards?
- How can I get more rest and relaxation into my day?
- Can I take out something from my daily routine that is less important?
- Is there someone in my life who I can ask for help?
- Can I sign up my grandchild for an afterschool class? (This could give you the time to do an activity you enjoy.)

Remember, nurturing yourself and making time for the things that bring you joy is an important priority!