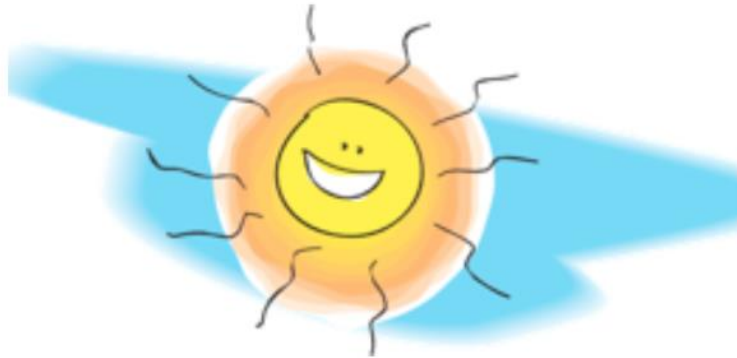
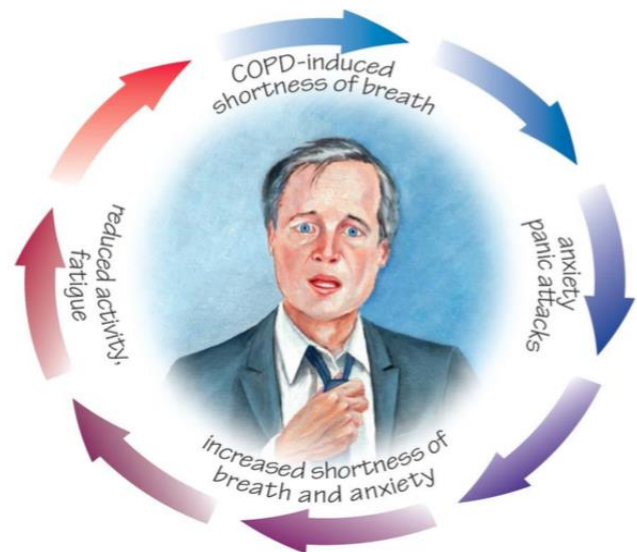


Conserving Energy



The Anxiety-Breathlessness Cycle

1. The main symptom of lung disease is shortness of breath. It can cause anxiety which makes you breath faster and increases your shortness of breath.
2. This can be quite tiring, which can cause you to sit more and do less.
3. The less you do, the less in shape you are and you will experience more fatigue and anxiety.
4. In order to manage your fatigue and breathing, you must remain active, but you also have to be smart and conserve energy in the meantime.



The six “P’s”

- Prioritize
- Pace
- Plan
- Posture
- Pursed lip breathing
- Positive attitude



Prioritize

- Evaluate what you must do versus what you would like to do
- Eliminate activities that are not necessary
- Don't forget to include activities that will help you relax and recharge



Pace

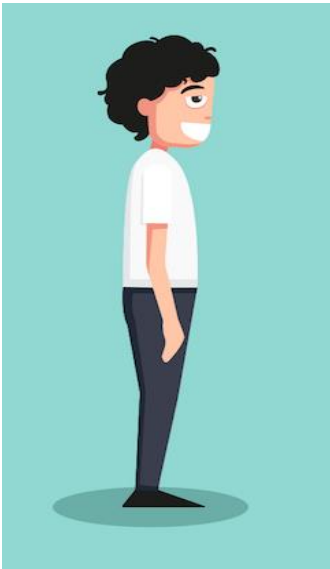
- Understand your limits and respect them
- Slow down to save energy
- Avoid rushing
 - Be aware and practice
- Alternate heavy and light tasks
- Break down difficult tasks into small steps
- Take breaks
- Get good rest and sleep

Plan

- Stay active within your limits
- Plan a realistic schedule for the day, week, month
- Recognize
 - Day to day differences
 - What time of day you have the most energy
- Schedule activities when energy levels are higher



Posture



- Be aware of your posture when active
- Be aware of moves that increase your shortness of breath
- Work while sitting, with your elbows supported
- Avoid carrying heavy items
 - Push or pull them
- Carry items close to your body

Posture

- Organize your environment
 - Place items in convenient locations
 - Have duplicates of commonly used items
 - Work at a height that allows you good posture
- Aids
 - Shoe horns, shower seats, hand rails
- Four wheeled walkers
 - Reduce shortness of breath, fatigue and pain
 - Improve balance

Pursed lip breathing

- Inhale through your nose before you begin the activity
- Purse your lips
- Exhale as you bend, lift or reach
- Exhalation should be 2 or 3 times longer than inhalation
- Do not force your lungs to empty



Positive attitude

- Living with a lung disease can be challenging
- Be patient and tolerant with yourself, your family and friends
- Keep your sense of humor
- See yourself making the most of life rather than becoming a victim of your lung disease



Summary

Follow the 6 P's to conserve your energy and get the most out of each day

- Prioritize
- Pace
- Plan
- Posture
- Pursed lip breathing
- Positive attitude

Take Home Activities



For ideal mood and health, balance your regular daily activities with leisure & exercise as well as time to rest

- Think about how much energy you have at the end of each day
- The next day, practice these strategies to help conserve your energy