



# CAN DO

MULTIPLE SCLEROSIS

## Basic Principles of Energy Conservation

1

### PLAN YOUR DAY OR ACTIVITY

- Plan events at times when your energy level is good
- Spread steps of projects or activities out over time to make them more digestible
- Plan your tasks so that you do not overwhelm yourself

2

### ORGANIZE AND PREPARE

- Work on a few tasks in the same area before moving throughout your house, office, community, etc.
- Bring all items you need for a task together before you start
- Prioritize your tasks so those most important get accomplished first

3

### PACE YOURSELF AND REMEMBER TO REST

- More can be accomplished at a slow, steady pace
- Incorporate short rest periods into the activity/day so that you avoid exhaustion
- Pace and rotate the heavy and light tasks to conserve energy

4

### SIT RATHER THAN STAND

- If you are sitting, you have more energy for the task versus doubling the load by both standing and working

5

### DON'T BE AFRAID TO ASK FOR HELP

- If a particular task is very energy consuming or frustrating, ask for help or even partial help so the task can be completed and a sense of accomplishment obtained.