

## Energy Management:

### BANKING AND BUDGETING

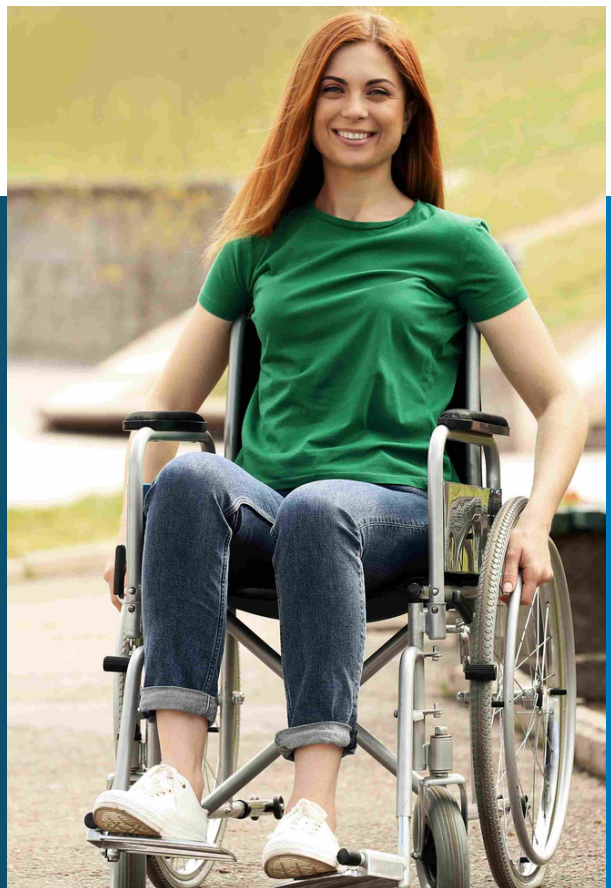
Managing your "energy bank" can be compared to managing your finances.

## Banking Definition

Making "deposits" into your energy bank so that you have the energy to do your daily activities

## Banking Strategies

- Rest
  - Before feeling fatigued
- Good body mechanics with activities
- Use tools (mobility devices)
- Analyze how you do activities/tasks, and modify for simplification:
  - Minimize steps
  - Delegate
- Communicate with others for support
- Exercise
- Keep cool, using cooling tools/products
- Nutrition and hydration
- Meditation
- Humor
- Medications and prescribed



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### BANKING AND BUDGETING

Managing your "energy bank" can be compared to managing your finances.

## Budgeting Definition

Planning and choosing how to spend your energy

## Budgeting Strategies

- Evaluate your standards
  - Does the floor really need to be vacuumed every other day, or is once a week sufficient?
- Evaluate your priorities
  - Family, personal health care, exercise, spiritual growth, etc.
  - Are you spending time on what matters most
- Set goals for accomplishing what you "need" and "want" to do
- Schedule your activities and rest breaks