The 4 Ps of Energy Conservation: Planning, Pacing, Prioritizing and Positioning

Principles that ration energy to maximize function and independence, and prevent exacerbation

- Planning
- Pacing
- Prioritizing
- Positioning

Planning
This involves trying to use your body in the ideal way. If you are a morning person, schedule activities that are difficult for the morning, when you typically feel your best. Or, if you usually feel better during the afternoon, wait until then to attempt the task. Also, make sure you have enough time to accomplish the task and, when necessary, plan time for breaks.

*Example:* allow enough time and avoid rushing as this consumes more energy. Utilize your strongest times of the day for the most demanding tasks.

*To Do:* list tasks on calendar

Pacing
Related to planning, is pacing. Don't try to rush a task, but proceed at a moderate (not too fast, not too slow) tempo. Movements that are either too fast or too slow can be taxing on your joints. This may also mean that you have to take a break before the activity is completed. This may be hard to do when the focus is getting something checked off your list, but over-fatigue can render you powerless and may take an unreasonable amount of time to recover from.

*Example:* Power napping, for 10 or 20 minutes at a time, can be extremely effective in reducing symptoms and increasing productivity. Don't push yourself until you are exhausted.
**To Do:** Build rest breaks into the daily / weekly tasks.

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**Prioritizing**
Perform the most important activities and postpone or eliminate tasks that are unnecessary. For example, wait to do a physically difficult task until someone is available to help you. Use your energy for things that only you can do.

*Example:* let a more physically difficult job go until someone is available to help. Use your energy for things that only you can do!

*To Do:* Write each task on a sticky note. Arrange (and re-arrange) them in order of importance.

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**Positioning**
Using your body to its mechanical advantage will reduce the amount of effort needed to complete a task. This is the principle behind ergonomics. For example, sit down to put on your shoes, and use a cart to move belongings.

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*To Do:* Evaluate your “workstation” (desk, kitchen, etc.) for ways to optimize how the body fits the space and task being performed.