



Occupational Therapy

Home and Community Environment

Pacing and Energy Conservation

What is Pacing and Energy Conservation?

Pacing and energy conservation involve completing tasks in a way that reduces the amount of energy you use. This will leave you more energy to do activities you want to do and find enjoyable. With practice pacing and energy conservation can also gradually increase the overall daily activity you can do.

Why Pacing and Energy Conservation?

Pacing and Energy Conservation can allow you to complete the daily tasks you find important. Pain can change the way we complete tasks day to day. The diagram shows the cycle of pain and activity. This cycle can lead to us doing less and less activity over time.

How to do Pacing and Energy Conservation

There are many ways to use Pacing and Energy Conservation strategies in your life. The main ways to remember are the 6 P's of Pacing and Energy Conservation:



Plan: Plan your day in advance. Understand your energy levels and plan that amount of activity. Ensure you plan regular rests.

Prepare: Prepare for certain tasks to lower the energy needed. For example, pre-cutting your vegetables before cooking.

Prioritise: Be aware of what tasks need to be completed and focus on those for the day. Other tasks can wait until you have more time or having everything you need easy to reach.

Positioning: Good posture and alternating between sitting and standing can help give some muscles a rest while you switch to using others.

Pacing: Break your day or activities into smaller parts with regular rests

Positive attitude: Focus on what you can do, not what you can't. Celebrate even little victories and improvements

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