

The 3 P's to Save Energy

Planning, pacing, and pursed lip breathing

This handout explains the 3 P's of saving energy: planning, pacing, and pursed lip breathing. It includes why each step is needed, when to take it, and how.

Planning

Check your gas tank.

Why: To succeed at the things you want to do

When: Before an activity

How: **Step 1:** Name the activities you need to do for the day.

Step 2: Set up your day so you have plenty of rest breaks between activities. Add longer breaks if you need to do something that uses a lot of energy, such as taking a shower or going shopping.

Pacing

Rest often.

Why: To lower your chances of feeling symptoms such as being short of breath, tired, dizzy, or lightheaded

To give you more control over your energy

To help you stay safe

When: During an activity, such as sitting down to rest between brushing your teeth and combing your hair

How: **Step 1:** Talk with your healthcare provider about your energy limits. Find out which activities take the most energy to do.

Step 2: As you are doing your activities, stay aware of your energy levels.

Step 3: When you start to feel symptoms, take a rest break before you reach **your** energy limit.

Step 4: When your symptoms have eased and you feel ready, start the activity again and repeat steps 2, 3 and 4.



Be sure to plan for rest breaks between activities.

Note: As you become more aware of your energy limits, take breaks before your symptoms even start.

Pursed Lip Breathing

Smell the roses, blow out the candles.

Why: To reduce feelings of being short of breath

When: Before, during, and after an activity or when you are short of breath

How: **Step 1:** Breathe in your nose with your mouth closed.

Step 2: Open your mouth to create a very small opening (the size of a green pea) and slowly force out the air from your lungs.

Step 3: Repeat as needed or until you no longer feel short of breath.

Caution: Breathe in and out slowly, and at a consistent pace. This will help you avoid *hyperventilating* (breathing too rapidly).

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

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