

Energy Presents

With PPS we all have to manage our energy levels and how we use them. I have shared this idea with others and hope my idea may benefit some of you when you are learning to adjust to new limitations.

Imagine yourself with a basket of presents every day. In the basket are 5 - 10 presents. Each present is a unit of energy. If you take a shower and get dressed for the day you use a present. If you prepare an average meal you use another present. If you run errands it may take a present for each stop that you make. As you go through your day you use up most or all of your presents. Once the basket is empty there are no more reserves and you must rest or sleep to refill the basket. So remember you have limited resources and must use them wisely.

It takes sleep and rest to refill our box of presents with new units of energy. If you are well rested and have no other complaints then you will probably have 10 (or so) presents to use each day. However, if you have had a particularly busy schedule you may find that you only have 5 presents each day for several days in a row, so must be extra careful not to overdo on these particular days. Obviously each of us are different so some of you may be lucky and have more units of energy at your disposal on a daily basis. Others unfortunately may have less.

It may be possible to save up a few of your presents for a special event. But remember that these presents are quite perishable so saving one this week will not last you till next week. It takes a lot of rest (and or sleep) for the basket to refill. For special events you can rest for several days in a row and save those extra presents and use them for the event. However, do remember that busy times will drain you so expect to have fewer resources afterwards.

The big challenge is determining what each physical activity requires in terms of energy presents. We are all different and all have varied limitations. I have discovered that for every 45 minutes I sit at my computer I use an energy present. For every twenty minutes of housework I use an energy present. Walking or standing uses 3 times the energy that sitting does, and sitting uses 3 times the energy that reclining does. Naps and rest periods do help me to manage my limitations but I also find by counting my energy usage daily I can cope better. It is rather like being on a constant diet and counting calories or fat grams to reduce weight.

Since we have limited resources I also suggest that you save at least one of your daily energy presents for a fun

activity.

It is important to have a fun/postive experience in every day.

So be sure to reinforce your attitude with a "fun" present daily.

We are definitely NOT the energizer bunnies and can not keep going and going and going. Our PPS bodies will say "no more" if we try this approach. Managing our energy resources is the best approach to having a happier and more productive life. So use those presents wisely and make the most of each day you have.