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GAIL'S TIPS ON ORGANIZING TO SAVE ENERGY

- Nutrition is important for feeling well. Do meal preparation (chopping veggies, measuring recipe ingredients, thawing out meat, preparing nutritious snacks) first thing in the morning before energy runs out and the temptation to grab anything sets in.
- Use carrying totes to save steps (I use one for cleaning products, one for common cooking ingredients, and one for my drawing supplies).
- Make "to do" lists for the day and the week. Then prioritize. Which tasks are important, which can be delegated, which can be done at a later time? Don't forget to schedule in at least one thing you really enjoy doing every day.
- Schedule rest breaks. (I have at least two scheduled, one for morning, one for late afternoon and I usually need at least 30 minutes of down time.)
- Going out in the evening? Plan time to rest, rest in the afternoon.
- Errands can be exhausting. Keep a list of items that you run out of or need. Then plan errands carefully.
- Entertaining? Organize a potluck dinner, preferably in the park!
- Need to make decisions? Do tasks that need careful thinking in the morning (or whenever your energy level is highest.) Don't be afraid to use the phrase, "I'll think about it."
- Carry a backpack rather than a purse. (Purses tire out my arms quickly).
- Bring one item in your backpack that will make you happy (a good book, sketch pad or crossword puzzle) in case you have to wait, need a break, or can't keep up with your companions.

Simplicity. The less "stuff" you have, the less energy it takes to take care of it. (My favorite simplifying book is [Living the Simple Life](#) by Elaine St. James.)

Editor's Note:- I have found that wearing pants with pockets is the best that we can do for ourselves. Instead of a purse or backpack, I have a change purse that holds my money (I try to avoid change), my driver's license and two or three credit cards. If I find it's necessary for me to carry a purse, I use a small one – I try to use soft cover books as they weigh less and you may be able to insert them into your purse.