

4 P'S OF ENERGY CONSERVATION



WHAT IS ENERGY CONSERVATION?

Using strategies to protect physical and mental energy in order to participate in daily activities
The 4P's are some strategies that help with energy conservation.

WHAT ARE THE 4P'S OF ENERGY CONSERVATION?

- **PRIORITIZE** – Choose tasks to complete based on importance and urgency
- **PLAN** – Plan ahead so that you know when to complete tasks
- **PACE** – Take your time and take breaks during tasks to protect energy levels.
- **POSITION** – Be aware of your body position while completing tasks and activities.



WHO CAN USE THE 4P'S?

Anyone can use the 4Ps! Anyone experiencing difficulty with pain or fatigue may benefit from the 4Ps. This may be helpful for those with:

- Concussions
- Chronic pain
- Fatigue
- Mobility difficulties
- Neurodiversity
- Burnout
- Autoimmune disease
- Mental illness

HOW TO INCLUDE THE 4P'S IN YOUR WORK ROUTINE?

1. Prioritize

- Plan tasks and activities around the responsibilities you know you have for the day, week, and month.
- Scatter tasks throughout the week.

2. Plan

- Try to think ahead to problem-solve any potential problems before they happen.
- Balance your time between work, leisure, and self-care.

3. Pace

- Take breaks between tasks.
- Take breaks during larger tasks.
- Alternate between standing and sitting.

4. Position

- Try to position yourself in a way that is comfortable for you.
- Avoid placing too much strain on your muscles or joints.
- Bend with your knees rather than stooping down.

ENERGY CONSERVATION RESOURCES

- For more information, please refer to:
 - [SNC- The 4P's of Energy Conservation](#)
 - [TOH- Energy Conservation and Work Simplification Techniques](#)