

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

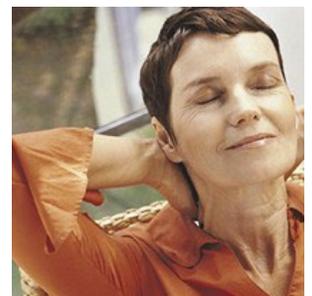
How: **Step 1:** Talk with your healthcare provider about your energy limits. Find out which activities take the most energy to do.

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.

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



Plan for rest breaks between activities.



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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).



Inhale through your nose, "1, 2".



Exhale through your mouth, "1, 2, 3, 4".

Questions?

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

Your provider:
