

# 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:
  - [DHDRS- Energy Conservation](#)
  - [SNC- The 4P's of Energy Conservation](#)
  - [TOH- Energy Conservation and Work Simplification Techniques](#)