DECEMBER 2025

Tip of the Month

STAY IN THE LOOP WITH UPDATES AND ANNOUNCEMENTS!

AT A GLANCE

- This month's topic is **Energy Conservation!**
- Reach out to **Erika** for more information

Energy Conservation

Therapy Insight for Better Daily Living

Energy Conservation with Therapy:

Learning to manage your energy throughout the day can help you stay independent, safe, and confident in your home. Energy conservation helps reduce fatigue, prevents injury, and allows you to complete important activities without feeling overwhelmed.

Simple Strategies to try:

- **Plan Ahead!** Group tasks together to limit repeated trips.
- **Pace Yourself!** Take short breaks before you feel tired.
- **Avoid Rushing!** Move slowly and mindfully to prevent falls or injury.
- **Use a timer!** Work ffor short intervals and rest before you feel tired.

Reach Out to Erika

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For questions, feedback, newsletter ideas or story contributions, email providenceplaceop@trinityrehab.net **and we'll be in touch.**