

## What is energy conservation?



Finding **new ways** to **finish tasks**

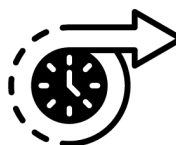


Using **less** ↓ amount of energy



This **lowers** ↓ **demands** on **your body**, allowing **more** ↑

**energy** for a **longer time**



**Conserving energy**



**=**

**less**



**work**



on your **heart**



**and brain**









# Energy Conservation after Stroke









Information for patients and families

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**Conserving energy**  = less  **fatigue** 

**Conserving energy**  = less  **stress** 

**Conserving energy**  = less  **related pain** 

**Conserving energy**  = less  **shortness of breath** 

**More information**



Visit

[cesnstroke.ca/stroke-education-resources-for-patients/](https://cesnstroke.ca/stroke-education-resources-for-patients/)