

# Energy Conversation Tips

Information for patients and families

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1. **Conserve** your **energy**



2. **Good**



**sleeping habits**



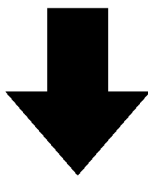
3. **Manage time**



and **plan activities**



4. **less**



**stress**



**More** information

Visit:



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

