



Strategies for Doing Laundry

Remember your breathing:

- Breathe in before starting a task. Breathe in through your nose counting 1 and 2.
- Breathe out when bending or reaching. Breathe out from your mouth counting 1 and 2 and 3 and 4.
- ✘ Do not hold your breath
- Take regular rest breaks. Rest before you get tired.
- Use slow and fluid movements instead of quick movements

Remember to use your energy saving techniques:

- **Planning** • **Prioritizing** • **Pacing** • **Positioning**

Plan:

- do smaller loads throughout the week
- have others bring the laundry to the laundry room
- have a chair or stool in room to sit on



Prioritize:

- teach someone else to do or help with the laundry
- decide if the laundry needs to be done today

Pace yourself:

- stop when you feel short of breath or tired
- do pursed-lip breathing
- wait until you recover before you go back to the task

Positioning:

- use a laundry basket or bag to carry laundry up and down stairs
- use a table or countertop by the machines so you can reach the laundry and avoid bending a lot – this helps you maintain your endurance

