



Strategies for Working in the Kitchen

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.
- Breathe out when you make an effort. For example, breathe out when you reach into a cupboard, reach into the fridge, carry a pot, open the oven, do any heavy activity.
- ✘ 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:

- Plan meals ahead of time.
- Have items within reach when you begin.
- Use equipment with two handles.
- Use sharp knives and scissors.



Prioritize:

- If it is a priority for you can someone else help?
- Can you use some prepared foods such as frozen vegetables or bagged salad?

Pace Yourself:

- Stop when you feel short of breath or tired. Sit and do pursed-lip breathing. Wait until you recover before you go back to the task.
- Give yourself plenty of time so that you are not rushed. Take regular rest breaks.
- Avoid rushing as this may cause you to feel more tired.



Positioning:

- Keep a chair or stool at the counter or table so you can sit while chopping, cutting, etc. Sitting uses less energy than standing. Sit when you can so that you have energy for later.
- Keep items you use often on the counter so you can reach them easily.
- Arrange the fridge so that the items you use most often are easiest to reach.
- Slide pots across the counter rather than carry them.

