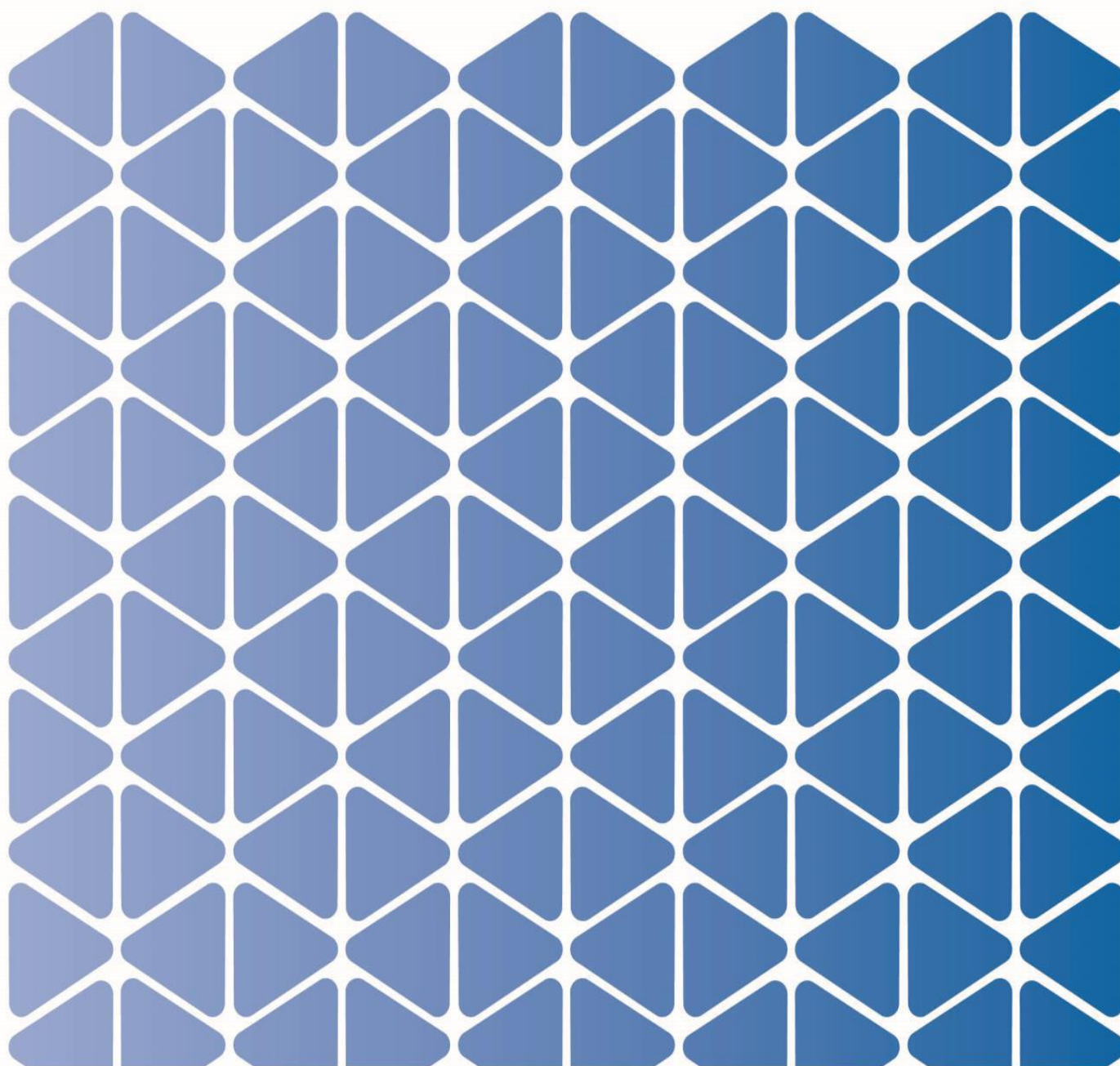


PATIENT INFORMATION

# Energy Management for Better Balance





### Physical Energy

Walking  
Standing  
Showering  
Travelling  
Exercise  
Housework  
Gardening



### Emotional Energy

Worry  
Anger  
Frustration  
Shame  
Fear  
Joy  
Laughter



### Mental Energy

Listening  
Talking  
Meetings/work  
Computer/phone  
Watching TV  
Background noise  
Lighting



The brain and body need energy to be able to maintain your balance.

The boxes on the left show things that use energy up.



Your brain is a bit like a phone that needs recharging after use.

The boxes to the right show areas where recharging can occur.

Have a look and see if you need to work on any of the recharging areas.

### **Sleep**

Get 20 minutes of daylight every morning  
Set a getting up and going to bed time, even at weekends  
[Sleep and tiredness - NHS](#)

### **Pacing**

Avoid 'boom or bust' by:  
Breaking tasks down into chunks  
Spreading out activities  
Asking for help

### **Relaxation**

Every day, find time to do something engaging:  
Colouring, cooking, gardening, washing the car, knitting....  
Computers, phones at TV do not count – they use mental energy!

### **Rest**

Every day, take three 5 – 15 minute rest periods  
Notice the sensations of touch on your body, their texture, temperature, pressure...

### **Activity**

Do gentle activity such as:  
Walking, Pilates, yoga and Tai-Chi  
[Fitness Studio exercise videos - NHS](#)

### **Mental Wellbeing**

Reduce stress  
Seek help for anxiety  
Improve low mood  
[5 steps to mental wellbeing - NHS](#)

### **Drink**

Reduce alcohol and caffeine to help with quality of sleep and feelings of anxiety  
[Water, drinks and hydration - NHS](#)

### **Food**

Keep to regular mealtimes  
Check your food choices  
[Eat well - NHS](#)

Adapted, with permission, from 'Energy Management for Better Hearing', v2.1 C. Munro

**If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.**

### **Patient Experience**

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

### **Feedback**

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

### **Patient Advice and Liaison Service (PALS)**

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

### **How to contact PALS:**

**Telephone Patient Services: 0300 123 1732 or via email at: [wah-tr.PALS@nhs.net](mailto:wah-tr.PALS@nhs.net)**

### **Opening times:**

The PALS telephone lines are open Monday to Friday from 8.30am to 4.00pm. Please be aware that you may need to leave a voicemail message, but we aim to return your call within one working day.

If you are unable to understand this leaflet, please communicate with a member of staff.