1. Shower sitting down. (A plastic outdoor chair is an inexpensive choice)
2. Prioritize. Plan what you most want to accomplish, then balance rest with activity. Sit or lie whenever possible.
3. Let your answering service or voicemail monitor your calls; only talk when you are able.
4. Simplify your clothing and makeup choices; choose a “wash and go” hairstyle or one that needs little care.
5. Learn to say “NO”
6. Use a small basket with a handle to keep necessary items with you wherever you go.
7. Straighten your bedding while you are still in bed, then just a flip of the corner to finish.
8. When you are able, cook ahead - preferably something that can be used in more than one meal. Plan simple one pot dishes.
9. Use your disabled parking placard.
10. When grocery shopping have perishables packed separately, so you can place in freezer or refrigerator right away.


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