

# Tips to Help Maximize Energy Throughout the Day

If you have rheumatoid arthritis (RA), fatigue may be a big part of your everyday life. People with RA may have limited amounts of energy each day, so finding small ways to conserve that energy is important. Here are a few tips:

Find more RA advice, support, and resources by visiting [Arthritis.com](http://Arthritis.com).

## Morning



### Rise and Shine

Set reasonable goals for the day and prioritize them. Make sure to plan downtime for yourself!



### Keep Up with Treatment

Remember to take your medications by setting reminders or taking them along with a daily task, like brushing your teeth.



### Think Outside the Box

Use cooking tongs to retrieve items stored out of reach, or put travel scissors in your purse to open small condiment packets.

## Afternoon



### Exercise Regularly

Even light exercises – like walking, stretching, and yoga – may help with fatigue by increasing strength and releasing endorphins, which help to reduce pain. Remember to speak with your healthcare provider before starting any new exercise program.



### Take a Break

Rest will allow you to recover for more activities.



### Grab a Snack

Foods high in omega-3 fatty acids, like leafy greens, walnuts, and salmon, may help your body to fight inflammation.

## Evening



### Soothe Your Joints

Ask your doctor or physical therapist whether such measures as wearing a splint to reduce stress on joints may be right for you.



### Support

Enlist the help of friends and family when you need an extra hand.



### Meal Prep

Make – or order in – enough food to create a few days of leftovers.

## Night



### Create a List

Plan for the next day and cross out 2-3 things that don't really have to get done.



### Recharge

Consider treating soreness with a soothing Epsom salt bath.



### Go to Bed Early

Being well rested can help improve your overall sense of well-being. Be sure to disconnect from your electronic devices 30 minutes before bed.