

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.

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.