



Strategies for Everyday Living

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Hoag Rehabilitation Services

Navigating brain fog

- **Practicing the 4 P's of energy conservation**
 - **Prioritize**
 - **Plan**
 - **Pace**
 - **Position**
- **Use of adaptive equipment to increase efficiency/safety**
 - **Long handled reachers**
 - **Shower seat**
 - **Long handled shoe horns**
 - **Wall mounted soap/shampoo dispensers**
 - **Motion sensor wall lights**
 - **Resources:**
 - www.performancehealth.com
 - www.simplehuman.com
 - www.oxo.com
 - www.bindependent.com
 - www.easierliving.com
- **Managing stress with Mindfulness**
 - **5-10 minutes of practice per day**
 - **Research shows positive outcomes, decreases in inflammation**
 - **Resources:**
 - www.calm.com
 - www.headspace.com
 - www.mindful.org

- **Brain training/cognitive training**
 - Based on principles of *neuroplasticity*-the brain's ability to change!
 - Stimulate your brain through exercise, engagement in what you love, engagement with others
 - Resources:
 - www.lumosity.com
 - www.fitbrains.com
- **Maintain neutral postures**
 - Learn to find your neutral posture
 - Use pillows and props to support good positions while you sleep or rest
 - www.relaxtheback.com
 - Use ergonomic principles while working at your desk or on the computer
 - Use stands or pillows to position your tablet or iPad for neutral posture
 - www.amazon.com
 - Watch your neck position while using smart phone
 - Learn how to use voice commands on smart devices
- **Diaphragmatic breathing benefits**
 - Muscle relaxation
 - Promotes calmness and relaxation
 - Lymphatic massage
 - Core muscle strength
 - Meditation
 - The Miracle of Mindfulness by Thich Nhat Hanh
 - Start Where You Are by Pema Chodron
 - 10% Happier by Dan Harris
- **Diaphragmatic breathing technique**
 - Breathe in through your nose
 - Pause
 - Exhale slowly through pursed lips, at least twice as long as you breathe in
- **Coordinate breathe with effort**
 - Inhale – gathering

- **Exhale – power phase. Expel pain, anxiety, fatigue**
 - **Time exhale with exertion in activity and exercise**