



## MASSACHUSETTS ME/CFS & FM ASSOCIATION

### **Managing Your Energy Envelope Community Conversations, June 2026**

#### **Tips and Resources from our Community**

Arrange your home environment to conserve energy:

- A chair or stool in the kitchen so food prep or dish washing can be done sitting down
- A stool in the shower (with non-slip seat and feet) can help make this activity more tolerable
- If your home has multiple levels or rooms, try to consolidate tasks or activities you do in each area to reduce travel back and forth

Wearable devices like [Visible](#) or Apple Watch can be helpful in tracking heart rate and controlling pacing.

Learn to say 'no' when you need to.

Plan ahead and build in some buffer time to rest before and after each activity.

Remember that both physical and mental activity take energy. Writing an important email can be taxing.

Avoid hard-to-digest foods – digestion also takes energy! This will vary from person to person, but a [low FODMAP diet](#) could be helpful.

In Texas, Arizona, and probably other states you can be ticketed for resting in a motor vehicle on the roadside, If you find that you need to pull to the side of the road to rest while driving, have your doctor provide a letter that you can present to a peace officer if needed.

Obtain a handicapped sticker or placard so you can use the designated parking spaces. You do not need to be using a mobility device to be eligible to use these accommodations.



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Consider using the tools from [Hidden Disabilities Sunflower](#) when traveling. The staff of many airports (including Logan) and other major travel hubs are trained to recognize the lanyards and cards, and will provide necessary accommodations.

Work with a caretaker, friend, or family member to help identify PEM triggers. Sometimes these can be easier to spot from the outside.

Weather (heat, cold, changing temperatures or air pressure) can be a trigger for some people. If you are keeping a journal to track your activity and crashes, remember to note the weather patterns.

*Thanks to everyone who contributed to this conversation!*