



# Grocery Shopping Made Easier

**Simple ways to shop with less fatigue, less overwhelm, and more energy support.**

Grocery shopping can feel overwhelming when energy is low or your body feels unpredictable. Fatigue, mobility challenges, and mental overload can all make simple tasks feel harder.

## Challenges

Common challenges may include:

- Fatigue and low energy
- Difficulty walking or standing for long periods
- Mental fatigue or difficulty focusing
- Sensory overload (noise, lights, crowds)
- Difficulty carrying or handling items
- Time and energy management
- Relying on others for support
- Budget or decision overwhelm
- Accessibility limitations
- Emotional stress around daily tasks

Incorporating a few simple strategies can make grocery shopping feel more manageable and less draining.



# Simple Ways to Make Grocery Shopping Easier

## **Plan Before You Go**

Create a simple shopping list based on your meals. Organize it by sections (produce, pantry, etc.) to reduce time and decision-making.

## **Choose the Right Time**

Shop during quieter hours (early morning or late evening) to reduce stress, noise, and fatigue.

## **Use Delivery or Pickup When Needed**

On low-energy days, use grocery delivery or pickup options to save energy for other priorities.



### **Don't Do It Alone**

Bring support if needed. Having someone help can reduce physical and mental load

### **Use Supportive Tools**

Use a cart, basket with wheels, or anything that reduces strain on your body.

### **Take Breaks**

Pause when needed. Short breaks can help prevent energy crashes.

### **Keep It Simple**

You don't need a perfect shopping trip. Focus on getting what you need in a way that feels manageable.



### **Support Yourself Before & After**

Prepare your body before (rest, hydrate) and allow time to recover after shopping.

### **Shop With Your Energy, Not Against It**

Plan your shopping based on when your energy is highest during the day.

## **What to Do Next**

Use what you've learned this week about your energy to plan your shopping in a way that feels more manageable.

Small adjustments can reduce fatigue and make everyday tasks feel easier over time.

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