



Spoons of Salt- The Spoon Theory

Ideas for Using Spoons:

1 Spoon: Brushing Teeth, Getting out of Bed, Getting Dressed (general), Take pills/medication responsibly, Blow Drying Hair, Walking up a Flight of Stairs, Putting Makeup on, Brush hair, Putting on deodorant, Microwaveable Meal

2 Spoons: Driving Somewhere (Each Way), Studying (30 mins), Paying Bills, Grocery Pickup or Pharmacy Drive-Thru, Drying & Styling your Hair, Making the Bed

3 Spoons: Cook a Meal and Eat it, Socialize with Friends/Family (30 mins), Light Housework

4 Spoons: Showering, Taking a Bath, Take Kids to Bus/School (if this applies to you), Get Fully Dressed, Cleaning your Car

5 Spoons: Grocery Shopping (at the store), Doing Yard Work (1 hour, or 30 mins. Depending on Weather Situation), Going to a Doctor's Appointment, Going to get Saline Infusions

Ideas for Recharging Spoons:

1 Spoon: Drinking an Electrolyte Drink, Taking a Salt Tablet or Levsin (Hyoscyamine), Sitting and Relaxing for an Hour

2 Spoons: Taking a Short Nap (no more than an hour), Having Alone Time and collecting yourself, Watch a tv show

3 Spoons: Take a Nap for a Couple of Hours, Use a massaging Chair, Heating Pain Areas, Taking Pain/POTS meds