

I'VE HAD A CONCUSSION, WHAT SHOULD I DO?

Follow these simple steps:

1. Reduce risk of any further injury or harm
2. Physical and cognitive rest
3. Seek out help and guidance from medical professionals
4. Increase physical and cognitive activity as tolerated

IDEAS FOR REST

PHYSICAL

Avoid:

- Vigorous exercise
- Heavy housework
- Lifting heavy things
- Bumping your head
- Contact sports or high risk activities like biking, skiing, skateboarding, skating

Restful Physical Activity:

- Walking
- Stationary bike
- Light housework & gentle yardwork
- Gentle Yoga, stretching or calisthenics
- Tai Chi
- Pilates
- Gentle water exercise or swimming

COGNITIVE

Reduce:

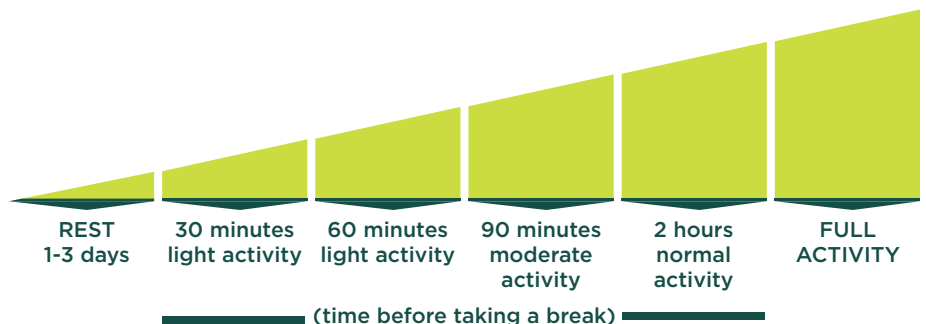
- Work, school studying and driving
- Computers, smartphone, TV
- Bright light, loud noises
- Stress and major decision making
- Intense or emotional situations
- Social time in groups

Restful Cognitive Activities:

- Meditation and mindfulness
- Relaxation exercises
- Listening to mellow music at low volume
- Podcasts and audiobooks
- Colouring, drawing and crafts
- Walking in nature
- Taking a bath or shower

HOW TO INCREASE ACTIVITY

- After resting a few days, begin to increase physical and cognitive activity.
- Increase gradually over time.
- Move to the next step if symptoms are manageable.
- Stay at a level if symptoms are not manageable.



Symptoms will improve over time. Some rehabilitation can speed up recovery. Many people feel better within a few weeks, but it's also common for symptoms to last longer. If you have difficulty returning to normal activity, seek out rehabilitation. Good help is available.