



## The Do's



 **See a medical doctor or nurse practitioner for help**



 **Rest 24-48 hours physically AND mentally**  
Sleep at night, rest during the day.



 **Take it slowly returning to daily activities and sport**

Talk with your doctor or nurse practitioner about when you can return to work, school or play.  
Respect your brain and your body. Have a conversation with your doctor or nurse practitioner about what this can look like for you.  
As you start to feel better, it's important to get back to doing your normal activities. Start by doing just a little, and if you feel okay, then you can try to do a bit more. Keep track of how you feel.



 **Conserve your energy**

After a concussion, your brain has less energy to spare than it normally does. It is important to manage physical and mental energy so that your brain can fully recover.  
If symptoms return or you get new ones as you become more active, this is a sign that you are pushing yourself too hard.



 **Take care of basic needs**

Eating well and regularly can improve your mood, sleep and mental focus.  
Stay away from stimulants such as coffee, caffeine, pop and energy drinks. Stimulants can put added stress on your brain.  
Keep a regular sleep schedule. Talk to your healthcare provider if you have trouble getting a good night's sleep.



 **Manage stress**

Stress and emotional upset can make symptoms feel worse. Try to do things that help you relax and feel calm.  
Talk about your worries with someone you trust such as your healthcare provider, a family member or friend. Let others know how they can help you.

## The Don'ts



 **Don't be woken up every hour**

Increased sleep is normal and necessary.



 **Reduce the use of electronic devices**


Prioritize the use and take frequent breaks (e.g. looking at computer, phone, tablet, TV screens).



 **Don't be put in a dark room to avoid all activity**

In the past, patients were told to have absolute rest. It is now accepted that light and cautious activity with rest as needed can be part of the healing process. Respect your brain and your body. Have a conversations with your doctor or nurse practitioner about what this can look like for you.



 **Don't do activities with risk of falls or reinjury, play sports, do heavy chores or activities that could lead to another concussion or cause symptoms to worsen**

Light cardio in a safe setting is encouraged to promote recovery. Be particularly careful in the first few days. Some people who have had repeated concussions may have serious long-term problems including difficulty with concentration, memory, headache and sometimes physical skills (e.g. balance, coordination).



 **Reduce your involvement in full-time work or study**

The demands of work or school can trigger symptoms. You may need to take some time off to rest and recover or reduce your responsibilities for a short period of time.



 **Don't drive, ride a bike or work with machinery or ladders**

Reaction time, vision and thinking may be affected by a concussion. Do not drive a car until your doctor or nurse practitioner advises you it is okay.



 **Don't use non-prescription drugs, including alcohol**

Using non-prescription drugs (including alcohol) may add to concussion symptoms and increase recovery time. Only take drugs that your doctor or nurse practitioner has approved.