

Self-care practices to help support your concussion healing.

Please get specific recommendations from your healthcare provider and reach out if you have any questions. ****This is information, not medical advice****

1. **Stress management** - a healing brain needs to have minimal mental, physical, and emotional stressors. The best way I could describe my nervous system was that it “was on fire” and many tools were needed to help cool it down. For support systems / loved ones taking care of someone who has been recently concussed, acute concussion healing is NOT the time to have challenging, stressful or big decision making conversations. Have compassion for the brain and all it does for us. Go back to the basic human needs.
2. **Sleep / rest** - the dark room concussion healing is no longer standard of care post the acute healing phase. Relative rest is recommended (after the first 48 hours of complete rest). What does relative mean? Rest relative to what your norm is and to what exacerbates your symptoms. If left in a dark room for days by yourself, your brain will naturally fill the space. Choose how you spend your time (nature, one on one communication, audio books, walking, yoga, meditation) and slowly start to re-stimulate the brain. Unfortunately, technology can be too fast for a healing brain - forced screen breaks might be in order.
3. **Exercise** - blood flow and oxygen GET UP TO THE BRAIN! RIGHT NOW! Avoid risk of re-injury but please, get moving. I was too tentative. I didn’t want to overstimulate myself. As soon as I started exercising, I started to recover way quicker. Start slow :)
4. **Good food** - eat for nutrient density. Eat for giving your body the building blocks it needs to recover. Think if a building gets damaged. It takes energy to clean up the mess and bring in new materials to rebuild. Your body is doing the same thing in the form of fatty acids, glucose molecules, amino acids, vitamins and minerals. Get them in you! This is not a time to limit calories, this is a time to eat clean, nutrient dense whole foods.