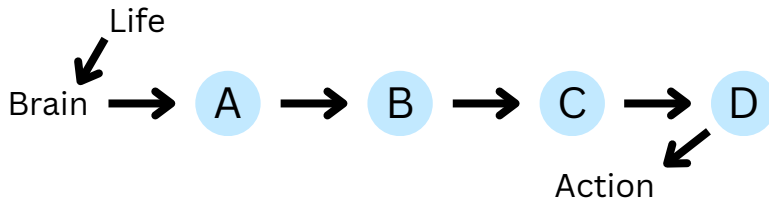


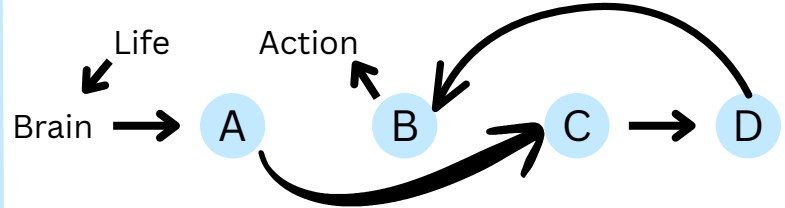
Concussion 101

What does a concussion feel like?

Without concussion



With concussion



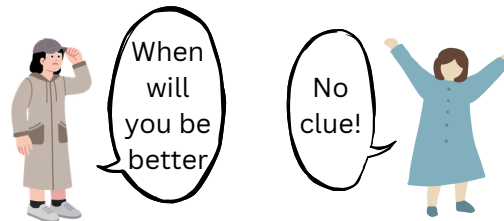
With a concussion, everyday things become a lot harder. Your brain is confused right now and its normal pathways are scrambled. This affects many different systems including mobility, heart-rate, digestion, cognitive function, and more. Since the brain is so complicated, concussions feel different for every person. Right now, your brain is trying its best to connect to the pathways again and its going to take a lot of energy to do so.

When will I get better?

It could take a week, it could take a year. Each person is completely different.

This uncertainty is really scary. Try your best to just take it one day at a time.

Short answer: no idea



You may feel a lot of pressure to recover quickly from friends, work, and society.

What can I do to help myself recover?

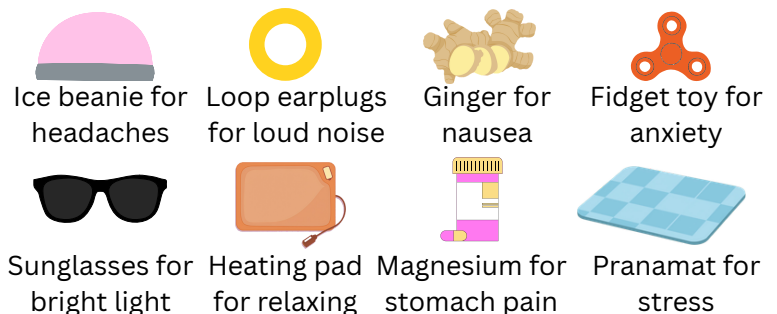
Nervous System Regulation

REST + PATIENCE

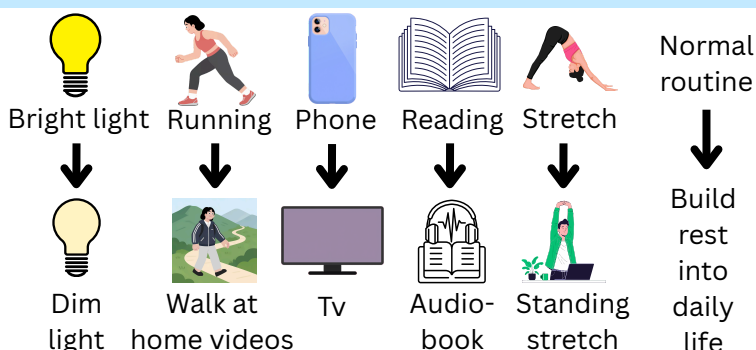
You have been taught to value productivity over rest so rest can feel selfish or boring. Some easy ways to make it fun include crafts, meditation, birding, and playing with pets.

Somatic exercises can help calm your mind and body. Easy daily exercise include heel drops, dancing, laying down with your legs up on the wall, humming with your ears blocked, shaking, rocking, bilateral tapping, and “be a tree.”

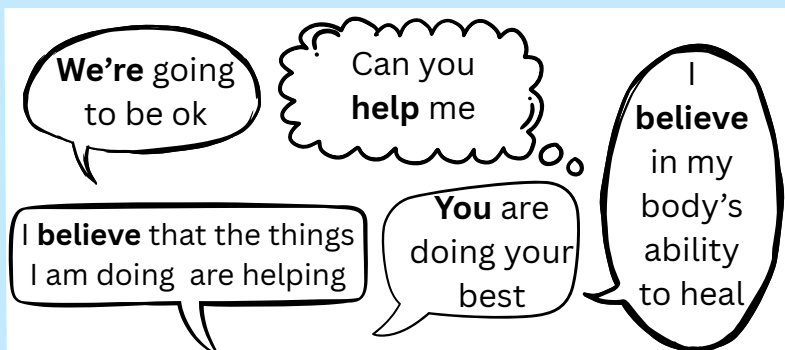
Products



Modifications



Communication



Concussion 101

What resources are available?



Beyond
Concussion
support group



Types of
treatment



Support
groups for
each state



Classroom
accommodations



Self care
guide for
concussions



Caregiving for
concussions

← **Tips on:**
Sleep
Exercise
Nutrition
Sensory
sensitivity
Emotional
wellness

← **Includes:**
80-page
guide
Videos
Hotline
numbers



Things to ask your doctor



If

"I get tired
when reading"



"Should I see a
neuro-optometrist"

"I have trouble
sleeping"



"Should I see a
sleep specialist"

"I have neck
tightness"



"Should I see an
osteopathic doctor"

"I have trauma
from the injury"



"Should I try
exposure therapy"

"I can barely
walk up stairs"



"Should I try
physical therapy"

Advice

Believe yourself — your symptoms are real

Set boundaries — even when guidance is unclear

Prioritize long-term health over short-term productivity

Listen to your body — trust what it tells you

Give yourself permission to rest — healing takes energy

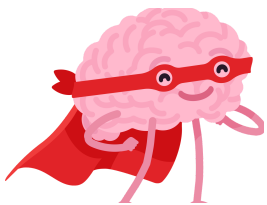
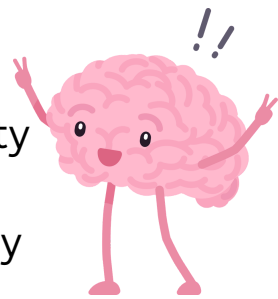
Take it slow — recovery isn't linear

Advocate for yourself — you know your body best

Ask for help — people want to support you

You're not alone — others have been through this

Have patience and hope — take it one day at a time



"I urge all of you to look for the good in your recovery experience, and to hold on to your hope, even when it seems like you can't any longer." - Julia

"As challenging as it can be sometimes, it has also given me the opportunity to discover new things I enjoy doing and it made me realize what truly matters in life and what I wanted to do." - Aurelie