

# HOW TO MANAGE YOUR ENERGY AFTER A CONCUSSION



You were recently diagnosed with a concussion?

*You need to take care of your brain!*

Here are a couple tricks and tips to manage your physical and mental energy in the first few days following a concussion :

Picture your brain as a battery, but a battery that charges slowly and discharges rapidly. You need to manage energy, prioritize important tasks and don't forget to rest!



**Alternate**  
regularly between  
short periods  
of activity  
and rest

**Separate**  
tasks in short  
sequences

Complete the  
more demanding  
tasks at the  
**start of the day**

**One** cognitive  
activity at a time,  
**one** task at a time

**Alternate**  
between physical  
tasks, intellectual  
tasks and rest

Favorise  
**micro-pauses**



Micro-pauses from **1 to 15 minutes**  
can do a lot of good!

Stretch, do breathing exercises, go outside  
(no need for strenuous activities)

...why not do the dishes! Simply turn **OFF**  
your brain before going back to your task.



**Limit**  
reading, video  
games and  
screen  
exposure



Computers, tablets, phones...

You may use electronics to communicate with friends or colleagues but **avoid** long exposure and stop if your symptoms get worse! Lower the luminosity of your screen or better yet, activate **Night mode** (which restrains blue light).

In public places, such as grocery stores, shopping centers, gyms, etc., there is a lot to see and listen to. Sometimes all these stimuli can increase your symptoms. If this is the case for you, better not to stay too long or even avoid these places for a few days.

If possible, avoid places that are too bright. You can wear sunglasses temporarily, but only for a few days. You can also use glasses with **blue light filtering lenses**.

If noisy places bother you, you can also use **headphones** or **ear plugs**.

**Limit**  
visual and  
auditory  
stimuli



**Consider**  
**limiting** your  
driving



Driving requires a lot of concentration and a normal reaction speed. It's demanding for your brain. To be safe, it is best to avoid driving for a few days.

Live a **healthy**  
lifestyle



**Prioritize sleep,**  
stay hydrated, eat well

**Follow**  
protocols!

**Progressively** return to  
physical and intellectual tasks



**For more information about recovery protocols, here are some helpful resources:**

Mild traumatic brain injury : Advice for gradually resuming intellectual, physical and sports activities - Institut national d'excellence en santé et services sociaux (INESSS)  
<https://www.inesss.qc.ca/>

AMQSE concussion toolkit  
<https://aqmse.org/coffre-a-outils-commotions-cerebrales/>

**These tips and tricks do not replace medical advice.**

If you think you have suffered a concussion, AQMSE strongly suggests that you consult a doctor or concussion expert.