

# Things you can do to help yourself recover

## Sleeping:



Talk to your doctor if you notice changes in your sleep patterns that do not go away over the first few weeks post injury.

## Driving:

Do not drive or operate machinery until your symptoms have settled and you are able to concentrate.



## Work/Study:

Most people only need to take a few days off work/study and are back to their usual hours within two weeks. However this can vary depending on the type of work you do and the symptoms you are experiencing. You may need to return to work or study gradually and /or alter the way you work or complete assignments.



Your Doctor or Occupational Therapist can help you with this. Let your employer/teacher know if your symptoms are affecting your work/study.



Sourced from ACC8319 Concussion Education Sheet

## Alcohol/Drugs:

Do not drink alcohol or use recreational drugs until you have fully recovered. Talk to your doctor about any medication you are taking and how this may affect your recovery.

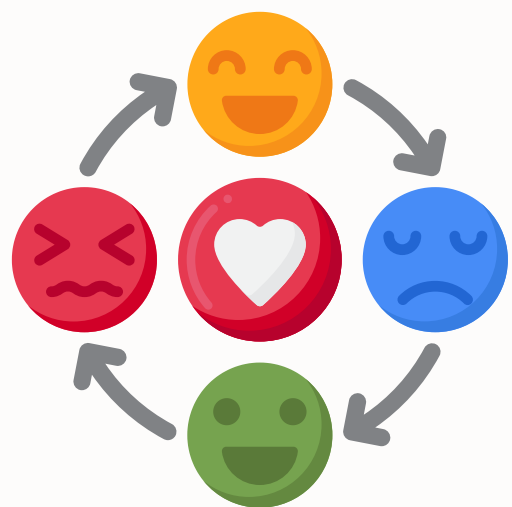


## Sports/Lifestyle:

It can increase your symptoms and be dangerous to return to sports and physical activity before the brain has healed. "If in doubt sit it out" and talk with your Doctor or Physiotherapist about graduated return to physical activity/sport.

## Relationships:

Sometimes relationships with family and friends are affected by your symptoms. You may experience mood swings or increased irritability. Talk with your Doctor or psychologist about this if you or your family are concerned.



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