

## 08 HELP THE HEALING

Pay attention to what triggers your symptoms and work to avoid them.

### COMMON POST-CONCUSSIVE HEADACHE TRIGGERS INCLUDE:

- Nitrates (deli meats, hot dogs)
- Monosodium Glutamate (MSG) (fake powdered cheese, some soups)
- Red Dye (popsicles, jello, juice drinks)
- "Diet" drinks with aspartame
- Caffeine
- Skipping meals
- Changes in the weather
- Irregular sleep patterns
- Not drinking enough water
- Emotional Stress

## 09 FRIENDS LOOK OUT FOR FRIENDS

There is no one better to identify an individual's subtle changes in mood and attention than a good friend. You know your friends better than anyone and if you see them acting strange after a head or whiplash injury let someone know! If you are struggling after a concussion, talk to a trusted friend, adult, or coach to be your own advocate and get the concussion treatment you deserve.



## 10 CAN YOU PREVENT A CONCUSSION?

Unfortunately, it is difficult to prevent a concussion, although with equipment such as properly fitted helmets and mouthguards you have the potential to significantly reduce the risk and extent of brain injury.

With increased education about concussions, it is our hope that brain injuries will:

- Be more easily identified
- Allow for quicker access to medical care and treatments
- Provide an abundance of resources for individual's recovery
- Create a community that fosters support.

For more educational resources on concussions, ways to get involved, or inquiries about Save A Brain Education events please go to [saveabraininc.com](http://saveabraininc.com) or email [contact.saveabraininc.com](mailto:contact.saveabraininc.com)

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### DISCLAIMER

This brochure is in no way inclusive of all information regarding concussions. This brochure is for educational purposes only and does not constitute medical advice. If you feel as though you have experienced a concussion, you must be evaluated by a medical provider.



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SAVE A BRAIN



# THE CONCUSSION GUIDE

## A RECOVERY TOOLBOX

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All medical suggestions in this brochure have been graciously provided and approved by our partners on the Save A Brain Medical Advisory Board

## 01 WHAT IS SAVE A BRAIN?

A Non-Profit Organization aimed to provide education, encourage prevention, and spread awareness of the long term mental & physical effects of Traumatic Brain Injuries (TBI) and concussions.

## 02 WHAT IS A CONCUSSION?

A change in mental status that is always trauma-induced, may not involve loss of consciousness, and not necessarily related to a hit to the head.

## 03 A CONCUSSION IS AN UNFORTUNATE MISHAP THAT CAN CAUSE ...

**M**oodiness  
**I**mbalance/Dizziness  
**S**leep Issues  
**H**eadache  
**A**ttention-  
**P**roblems

## OTHER SIGNS AND SYMPTOMS TO BE AWARE OF:

- Confusion
- Amnesia or memory loss
- Nausea and or vomiting
- Vision changes
- Loss of consciousness (rare)

## 04 RED FLAGS- CALL 911 OR TAKE TO EMERGENCY DEPARTMENT RIGHT AWAY

- One pupil larger than the other
- Excessive drowsiness or inability to wake up
- A headache that gets worse, wakes an individual from sound sleep, or does not go away
- Slurred speech, weakness, numbness
- Repeated vomiting or nausea
- Convulsions or seizures
- Unusual behavior like restlessness or agitation
- Loss of consciousness (passed out/knocked out)

It is incredibly important that if you witness a head or neck injury, you do not try and attempt to gauge an individual's injury. The injured person should always seek care from a medical professional.

## 05 HOW TO EFFECTIVELY MANAGE YOUR CONCUSSION AND HELP HEAL YOUR BRAIN:

### EARLY PHASE

Avoid strenuous mental and physical activity in the first 1-2 weeks following an injury. Strive to get the best night's sleep possible.

### STEPS TO IMPROVE YOUR SLEEP:

- Stick to a regular sleep schedule, even on weekends.
- Go to bed only when sleepy.
- Make your bedroom quiet and comfortable.
- Do something relaxing and enjoyable before bedtime like meditation or journaling.

## 06 RETURNING TO NORMAL ACTIVITY

After sustaining a concussion or suspected concussion, it is crucial that you do not return back to sports unless medically cleared to do so. Typically, clearance to return to normal activity is granted when you are free from headache, dizziness, sleep issues, attention problems, and moodiness for a full 7 days.

## 07 RELAXATION TECHNIQUES

- Deep breathing exercises
- Practice mindful meditation
- Journal
- Yoga
- Muscle Relaxation Exercises
- Go for a walk
- Drink a cup of warm decaffeinated tea

- If you cannot sleep within 15 to 20 minutes, get up and go to another room & return to bed only when drowsy.
- Schedule outdoor time at the same time each day.

### LATER PHASE

As you start to heal and feel better, it is encouraged to slowly reintroduce physical activity. It is important to start with activities such as walking or riding a stationary bike, starting slowly and gradually increasing intensity and length of activity. Listen to your body and stop if you start to experience symptoms.

