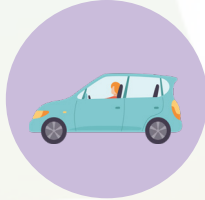


Mental: Staying Deadly

- It's common to have trouble concentrating, remembering, and paying attention after a concussion.
- Driving after a concussion can be dangerous. Do not drive if you are not feeling right.
- Limit mental activity, including school or work, to a level that does not make your symptoms worse.
- Take breaks if you start to feel worse when doing an activity.
- If you are having a hard time with school or work, have a yarn with someone you can trust.
- Stay connected! It is normal to feel disconnected from other people after a concussion. Being involved in community or family events that don't make your symptoms worse can help you feel connected.



Connection: Keeping Strong Connection to Mob and Country

- Avoid using drugs or grog because they can make concussion symptoms worse. Grog, yarndi and other drugs can also make it hard for others to tell if you are being affected by your concussion or not.
- Spend time and yarn with people most important to you.
- Get involved in activities and community events that don't make you feel worse.



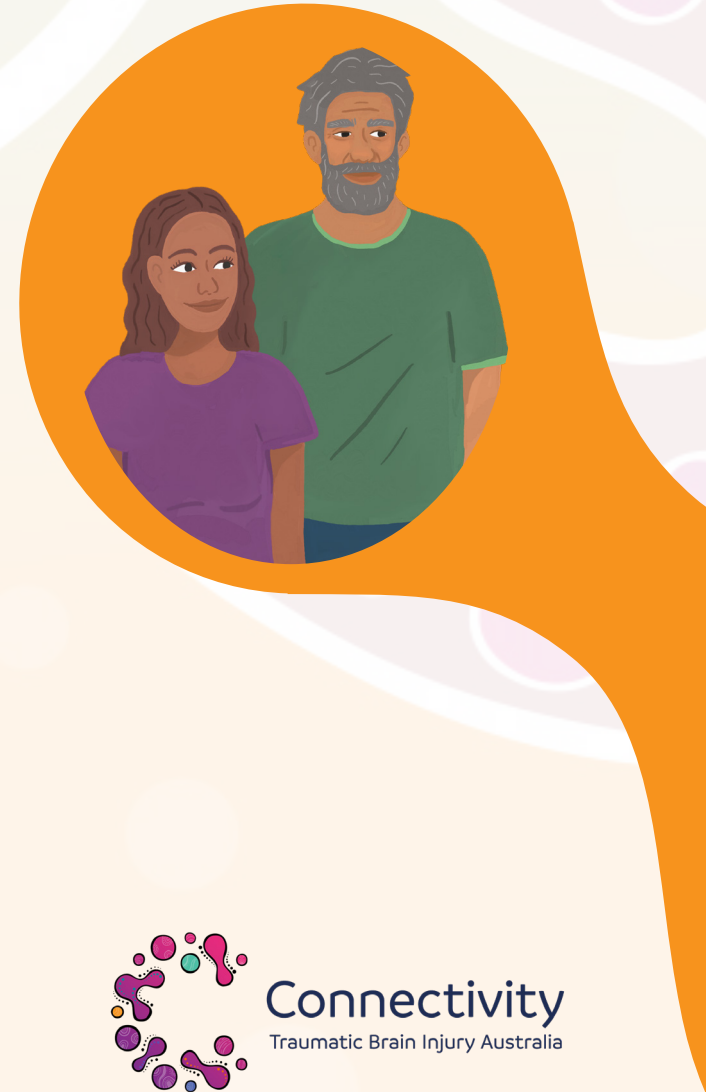
DISCLAIMER

This flyer and the Connectivity website does not offer individual medical advice. If you have suffered a concussion seek medical advice.

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Healing from Concussion



Connectivity
Traumatic Brain Injury Australia

Concussion can affect your physical, mental, and emotional health as well as connection to mob and country.

Most people make a full recovery from concussion. For others, healing takes time.

There are things you can do to help yourself get better.



Physical: Staying Strong

- Avoid activities that could give you another concussion.
- Remember that physical and mental activities can make your concussion symptoms worse. You may need to return to things like sport, school or work slowly.
- Look after yourself - make sure to drink plenty of water and eat plenty of good tukka.
- Avoid smoking ciggies or vaping.
- Make sure you go to any appointments that your doctor or AMS has asked you to.



Emotional: Feeling Womba

- It is common to feel sad, nervous, or emotional after a concussion.
- Avoid activities that make you feel stressed out.
- Take time to relax. Ask others to help you with chores (e.g. cooking, cleaning) and other responsibilities (e.g. looking after bub, school drop-off) while you get better.
- Make sure to get enough sleep and rest.
- Yarn with someone if you are feeling proper sad, nervous or are going off at family or friends. This could be a parent, brother/sister, aunty/uncle, Elder, or doctor at your local AMS.

