



Practical Suggestions for Concussion and Fatigue

- Organize Daily Activities according to a priority list. This way, by the time you become fatigued, your most important responsibilities have been taken care of.
- Pace yourself and ask help from others – overdoing it can set you back for days
- Vary your activities to avoid monotony, but don't try to tackle more than 1 thing at a time – “multitasking” is not your friend
- Avoid excessive stimuli – like light and sound. Limit screen time but also limit unnecessary crowds. Limit visitors to one or two at a time and keep visits brief.
- Schedule activities for times when you are freshest. Thinking tends to be clearer between 8 am and 12 pm and then again between 6 and 8 pm. For many people, the hours between 1:00 pm and 3:00 pm and 12:00 am and 5 am are problematic.
- Plan time-and-a-half for activities and take a short break every 30 to 40 minutes.
- Break down big tasks into smaller components rather than getting all of it done at once. Take periodic rest breaks.
- Consider a short (e.g., 30-60 minute) nap during early afternoon. Other people, find that mild to moderate exercise (i.e., non-jarring) activities, like yoga or stretching, for 30 minutes help them find a burst of energy.
- Look at your diet: Avoid caffeine, alcohol, or energy drinks. Also stay away from excessive sugar or processed foods. You want to keep your blood sugar consistent, so high carbohydrate foods will cause you to “spike” and then “crash.” If needed, consider taking more herbal meds, like NinXia Red, Bach Flower Olive, Ginkgo Biloba, or Gotu Kola, for energy.
- Other meds: SSRI medications, like Prozac or Zoloft, can help with sleep. During the day, some slow-release (XR) stimulant meds, like Concerta, can be helpful as long as they don't interfere with above. (Always work with an MD when doing this recommendation – also consult with them about the herbal meds you are taking.)
- Be willing to communicate: You have to be willing to educate others, like bosses and teachers, rather than “power through” your symptoms.



- Be honest: Just like you need to be honest with others, be willing to be honest with yourself about your symptoms. Several times a day, be willing to rate your fatigue on a scale of 1 to 10. 1 = low; 10 = high. If your fatigue is **honestly** between 1 – 3, then continue; however, if your fatigue goes between 4 – 6, then you have to start pacing yourself. If your fatigue is over a 7, then stop the activity immediately, tell others about your need for help, and set up a time to do it later. Get your fatigue below a “5” before starting any activity again; otherwise, you will delay your improvement.
- Accept that you may not be as high performing as you were before, but this does not mean you will always be “stuck” where you are. You will make progress, but being mad about being fatigued makes as much sense as becoming mad because you aren’t sleeping: it is what it is.