

Concussion: Holiday Survival Guide



Ask for Help!

A concussion is an invisible injury. If friends and family don't understand what's happening with us, they can't adapt.



Avoid Crowded Stores

Use Amazon shopping lists to plan & purchase gifts. Utilize online order and delivery services offered by grocery stores for holiday meal supplies.



Communicate with Hosts

If you're attending social events, let the hosts know your limitations ahead of time and that you may need to leave suddenly.



Sunglasses and Earplugs

Wear sunglasses and earplugs/headphones to help with lights and noises.



Create Code Words

Agree on a code/safe word with loved ones to communicate when you need a "brain rest".



Prioritize Family/Friends

Avoid crowded social events and focus on spending time with the people you're close to.



Quiet/Safe Space

Designate an area or room of the house where you can go when you need a break.



Reduce Kitchen Stress

Create a cooking plan that includes ingredients, tools, and cook times beforehand.



Verbalize Your Limitations

Noisy activities and meals can be overwhelming - share your limits and coping methods with your family.



Recharge

Find something that helps you relax (yoga, meditation, tai chi).



Plan Ahead

Avoid multi-tasking by planning your day or week in advance.



Pace Yourself

Know your own limits and stop before you reach them.