

## How Brain Rest Works For Recovery

### THE RIGHT WAY



#### MAXIMIZE ENERGY FOR REPAIR

Right after a concussion, the brain needs extra fuel to repair damaged brain cells. Meanwhile, the blood flow that delivers fuel to brain actually decreases. Avoiding activities that require brain and physical energy in this initial phase of recovery will help you deliver that extra fuel to the brain to maximize recovery.

### THE WRONG WAY



#### DIVERT ENERGY TO OTHER ACTIVITIES

Physical and mental activity draws essential fuel away from repairing damaged brain cells. This can make concussion symptoms worse or delay recovery. In days or weeks following injury, avoid schoolwork, physical exercise, video games, texting, and other social media as guided by your doctor.