

Coping with Post-Concussion Syndrome

Life with Post-Concussion Syndrome (PCS), also known as persistent post-concussion symptoms (PPCS), can be challenging. Symptoms can get in the way of anything that requires you to use your brain: school, work, social life, sports, and hobbies while the brain slowly heals. It's difficult, but there are ways to cope to make your daily life with PCS more manageable. Every recovery is different, so what works for one person may not work for another, be patient with yourself, keep trying different approaches, and know that support is available.

Here are a few tips from CLFC to help you out!

2

Be Patient: PCS Recovery isn't Linear

There will be good days & bad days, you'll make big improvements then plateau, and maybe even take steps backwards. Take things one day at a time.

- PCS might not get better tomorrow, but it does get better
- PCS Recovery is measured in weeks & months not days.
- Ups & Downs are normal, and eventually, the bad days will become the exception not the rule
- Remember even with a bad day or week you are still on the right track to recovery

4

Be Honest: Open up to your loved ones.

During PCS recovery, it's critical to have a support system by your side. If you can be honest about your persistent post-concussion symptoms and what you're going through with close friends and family, they'll be better prepared to support you

1

Trust Yourself, PCS is Real.

Not everyone is aware of Post-Concussion Syndrome - even some doctors don't know that concussions can linger for so long. Rest assured, it's a real thing that happens to real people, and science supports your experience. **About 20% of concussion patients develop PCS.**

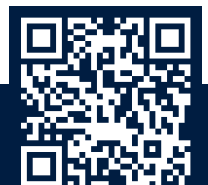
Recovery can be harder when symptoms aren't recognized, but believe in yourself and know science is on your side.

3

Coping with PCS during Times of Stress.

Life altering events, traumatic experiences, financial difficulties, natural disasters, legal issues- these are all events that can happen at any time and increase the level of stress you and your loved one may be under.

- Coping with PCS during these times presents additional challenges that others may not understand or appreciate.
- Perhaps you are feeling alone, isolated, feeling heightened anxiety, depression, or stress. We're here for you with valuable [PCS resources and support](#) to aid your recovery.



Summary

Living with PCS can be challenging, but there are simple strategies that can help you feel better and support your recovery.

5

Switch it up: Explore New Interests.

When you're coping with Post-Concussion Syndrome, it's easy to focus on all the things you can't do. Your interests and activities might become too difficult and symptom-provoking. This can be challenging but there is hope!

A great way to cope is to shift your attention to what you can do and work to explore new, low-stimulation interests you wouldn't have otherwise tried.

6

Be Prepared: Keep Essentials Close

Environmental stimulation can increase PCS Symptoms use tools like

- Sunglasses
- Earplugs
- Hats & Screen Filters
- Plan quiet breaks & Exit strategies

Don't be afraid of looking funny or standing out if you need special accommodations to reduce stimulation. Do what you need to do to feel better.

If you do get over-stimulated, it's always good to have an escape plan. If you can map it out ahead of time, try to find a quiet space nearby where you can take breaks or a way that you can easily leave if you need to.

7

Calm your mind: Try Meditation:

Mindfulness & meditation can promote brain health & well-being by.

- Calming the nervous system
- Improving Sleep
- Supportin Emotional well-being

8

Rest, Be Patient, & Stay Hopeful

Rest after a concussion and during your PCS recovery is key, it supports brain healing. It can be hard to know when to push and when to pull back.

Maintaining a positive and hopeful mindset makes all the difference throughout your recovery

9

Reach out when you need Help

Free, confidential support is available whenever you need it.

- CLF HelpLine – CLFHelpLine.ca
- Call or text 988 – [Suicide Crisis Helpline](#), free, confidential, 24/7
- Call 1-866-277-3553 – [Suicide prevention Quebec only](#), free, confidential, 24/7

