



# How to conserve your energy after a concussion

## Keeping your energy tank full, all day!



### 1. Prioritize

Decide what activities are the most important to help prioritize your time and energy.



### 2. Plan

Do tasks that use more energy when you feel the best during the day and plan rest breaks to help save your energy.



### 3. Pace

Break your day into stages and pace yourself. You may not be able to finish everything all at once and that's okay, your brain is still healing!



### 4. Position

Choose a relaxing space to help you focus. Positioning yourself in an environment with no distractions can help save your energy.