



MANAGING PAIN AFTER CONCUSSION

It's common to experience some pain after a concussion. The techniques below may help you manage your pain without medication. It's important to check with your doctor before trying any of them.



Stay active

- Keeping your mind distracted and your body active can reduce pain. Participate even when you have pain, but pace yourself. Take short rest breaks as needed.



Distract yourself

- Try doing something you enjoy or a quiet activity (coloring, Sudoku, crossword puzzles, art) when you are in pain. Focusing on something different can reduce how many pain messages your brain will process.



Change the way you think about your pain

- Say the word “stop” to yourself or imagine a stop sign when you have anxious thoughts or feelings about your pain.
- Repeating a set of positive thoughts, for example “I can cope with this” may help.



Try relaxation strategies

- Yoga, deep breathing, and other forms of relaxation may help reduce stress and tension.



ONTRACK – TIP SHEET

Learn more about relaxation strategies:

- [5 Best Kids Yoga Videos on YouTube](#)
- [Yoga for Lowering Stress](#)
- [Healthy Living: Yoga for Kids](#)
- [Practice Mindfulness With Belly Breathing](#)
- [Relaxation Exercises: Breathing Basics \(For teens\)](#)
- For tips on practicing tensing and releasing muscles and other ideas for managing pain, see [Biobehavioral Strategies for Pediatric Pain](#)

Learn more about managing pain in children and teens.

- [When Your Child is Living with Chronic Pain](#)
- [Chronic pain: Effective parenting for older children](#)
- [Biobehavioral Strategies for Pediatric Pain](#)

