

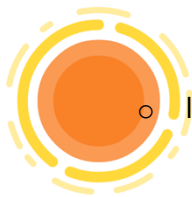


STRATEGIES TO HELP STAY FOCUSED

After a concussion, you might notice that your focus, thinking, and learning feels off. For example, you might struggle to pay attention and remember things. Or it could take longer to complete tasks.

Here are some simple tips that can help.

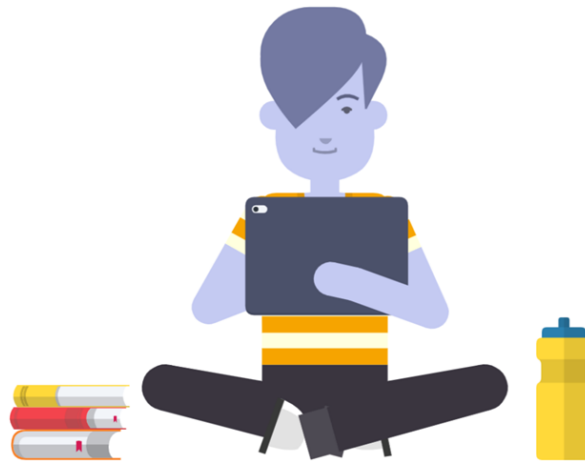
- Get a good night sleep:
 - If you are 6–12 years old: 9–12 hours a night
 - If you are 13–18 years old 8–10 hours a night
- Eat regularly (meals and snacks) and drink fluids throughout the day.
- Try exercising before you study. Even 15 minutes of aerobic exercise can help you avoid distractions and maintain focus on your work.
- Limit distractions.
 - Loud or busy settings can make it hard to concentrate and remember things.
 - Noise-cancelling headphones can reduce distracting household sounds, like washing machines, or other family members talking.
 - If lights bother you, try to find a way to reduce the glare.
 - A hat or cap can provide shade for your eyes.
 - Put your phone on silence or even better store it out of sight.
- Use tools that help you stay organized. Keep track of assignments in a planner or on a phone app.
- Recognize when you are feeling stressed or experience other changes in your emotions.
 - Emotions can interfere with concentration and learning.





ONTRACK – TIP SHEET

- Take regular breaks: you might not be able to work for as long as you normally do. Getting up to walk around, do some stretches, get some water, etc. can help reset your focus and attention.
- Break tasks down to something that you are confident in your ability to do. For example: focus on your work for just 5 minutes, or to write ONE paragraph, and then give yourself a break.
- Reduce the pressure. Instead of trying to write a complete essay, start by writing a rough first draft.



Learn more about strategies to help with staying focused:

- [Tips for Helping Your Child Focus and Concentrate](#)
- [10 Practical Tips to Improve Focus: Foods, Exercises, and Tools](#)
- [Why can't I focus at school?](#)
- [Managing Your Emotional Reactions](#)
- [Helpful Vs Harmful: Ways To Manage Emotions](#)