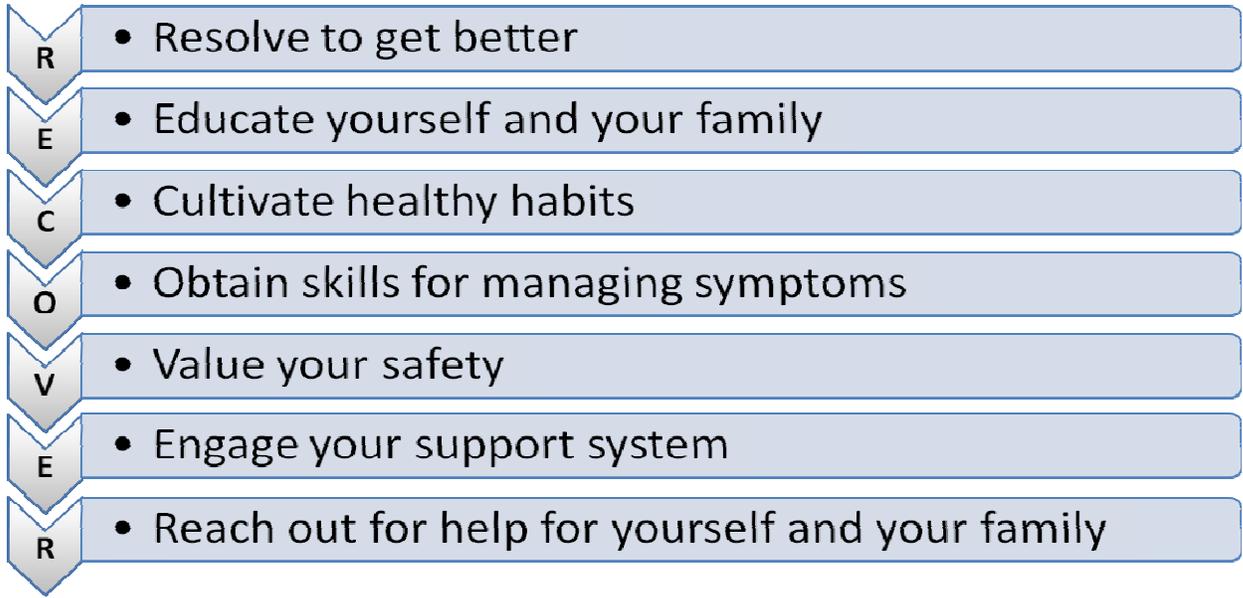




The RECOVER Model

The RECOVER Model

Here are seven important steps for helping you **RECOVER** after a concussion:



1. **Resolve to get better.**
Make peace with your recovery; be realistic; set reasonable recovery goals.
2. **Educate yourself and your family.**
Find out what to expect from health care providers and other resources.
3. **Cultivate healthy habits.**
Exercise; sleep; eat; socialize; avoid alcohol and drugs.
4. **Obtain skills for managing symptoms.**
Prioritize your problems so you can tackle them one at a time.
5. **Value your safety.**
Avoid engaging in risky behaviors or putting yourself in situations (for example, contact sports) that can cause a second head injury.
6. **Engage your support system.**
Identify your support network, stay in touch and ask for help when needed.
7. **Reach out for help for yourself and your family.** Get medical attention and professional support early and often.