



RETURNING TO ACTIVITY

Getting Back to All the Things you Love



What is Active Recovery?

Research shows that people recover faster when they are active and stay engaged with their social connections.

- Allow your brain and body to rest for a short period (just a few days) and then gradually increase activity.
- Use sleep tools, avoid napping, and try to go to bed and get up at the same time each day.
- Do things you enjoy, keep up your social connections, and make time for relaxation.
- Remember, symptoms are a normal part of recovery, and as you work to gradually increase activity, you may notice gradual increases in symptoms as well. During an activity, it's okay if your symptoms increase a little. If your symptoms continue to increase, that may be a sign that it is time to take a break. Do something relaxing and then return to the activity once your symptoms calm down.
- Active recovery means staying engaged in daily activities, and letting how you feel drive how much you do, and how much you don't do. Your goal is to find a nice moderate or medium level of activity. Using the 4 P's can help you find a good balance.

PLAN

PRIORITIZE

POSITION

PACE

You can use the [4 P's Strategy](#) to have an *active recovery*, finding ways to modify participation in things like social activities, sporting events, and work to help you [return to all the things you love to do](#). As you increase participation, monitor how you are doing. Consider what is working well, and what you might try to do differently.

PLAN by thinking about what you need to do in advance.



PLAN

- Make a plan each day.
- Schedule higher priority tasks at times you feel your best.
- Think about how you layer activities so you aren't doing several difficult tasks in a row.

PRIORITIZE what is important and by how you feel.



PRIORITIZE

- Consider what tasks must be done versus what can wait.
- Priority items might be ones that have a nearing deadline, are of high importance, or that someone else is counting on you to do.

POSITION yourself and your environment for success.



POSITION

- Position yourself and the environment to help you be successful.
- Limit the length of time you are around noise, lights, or motion that bothers you, but don't avoid it altogether.

PACE complex tasks that take more energy and focus.



PACE

- Think about how you can pace your energy.
- Plan breaks at set times or when symptoms increase a bit.
- It's easier to manage symptoms if you take regular breaks instead of waiting until you crash.