

BRAIN INJURY PREVENTION

- **Wear a helmet while using a bicycle, skates or a scooter**
- **Wear a helmet while horse riding, skiing or snowboarding**
- **/rehearse in intervals**
- **Rest**
- **Manage stress**
- **Exercise**
- **Listen to music**



Compensatory Techniques:

- **Reduce distraction**
- **Use organizers, notebooks, and cell phones to track important information**
- **Give yourself extra time to repeat or rehearse information you need to remember**