

Concussion - Pathway to Recovery Program

Session 3 - Patient guide

Relaxation and the mind-body connection

Session goal

- Deeper understanding of mind body connection and relaxation therapy
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Brain systems affected by concussion

- What is the structure of our brain?
 - What brain functions are affected by concussion?
 - Review TBI Intro and Intro to Brain Anatomy pdfs
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Mind-body connection: frontal lobe damage, stress, pain, and role for relaxation and mindfulness

- Our frontal lobes regulate stress, depression, anxiety, memory, concentration and most other functions that we need to be functioning and happy people
- Unfortunately this part of the brain is often most affected in TBI
- Ways to improve the functioning of this circuit
 - Sleep
 - Nutrition
 - Exercise
 - Breathing
 - Relaxation
 - Positive self statements
 - Meditation

Targeting relaxation to interfere with the pattern of TBI

- Listen to the included audio file daily to add relaxation into your life

Treatment step 6: Homework

- Homework
 - CTCP-02-Passive-Muscle-Relaxation.mp3
 - How does relaxation change your concussion symptoms?