

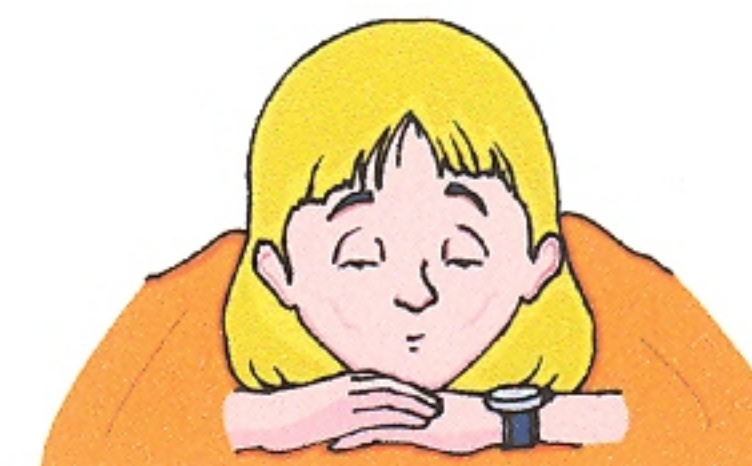
Analogy: An injured brain is like an old computer.




Old Computer	Injured Brain	Healthy Brain
<ul style="list-style-type: none"> It takes a longer time to process the same amount of information than a newer computer. 	<ul style="list-style-type: none"> Takes more time to do a task - is slow and inefficient. 	<ul style="list-style-type: none"> Can do a task quickly and efficiently.
<ul style="list-style-type: none"> It has insufficient memory to process several tasks all at one time. Can only operate one "window" at a time. 	<ul style="list-style-type: none"> Has to do one thing at a time - has difficulty multi-tasking. 	<ul style="list-style-type: none"> Can have several tasks going at the same time; is good at multi-tasking.
<ul style="list-style-type: none"> If you get impatient with it and keep pushing the command buttons, it will "freeze up" or "crash"! 	<ul style="list-style-type: none"> If pushed without any rest or breaks, will work ineffectively and will take longer to recover. 	<ul style="list-style-type: none"> Can be pushed hard once in a while and will recover pretty quickly.



People with brain injuries need to rest frequently.



Understanding the Injured Brain	Ways to Help
<p>The injured brain needs rest to replace needed brain chemicals.</p> <p>The injured brain takes longer to make these chemicals than the healthy brain.</p>	<p>Lie down in a quiet place and take rest breaks that are at least 10 minutes long. If that's not long enough, increase to 30 minutes or 1 hour.</p> <p>Rest until you feel like you have the energy to take on another activity. If you still feel exhausted, you need to increase your resting time.</p> 
<p>The injured brain requires a lot of energy to do a task.</p> <p>The injured brain has to "think" about each individual step that a healthy brain does automatically.</p>	<p>Take a rest break before starting an activity, in the middle of the activity and after finishing the activity.</p> 