

# LARGE VENUE OR CROWDED SOCIAL SITUATION

## **TIPS FOR HOW TO PREPARE, MANAGE AND MAKE THE MOST OF YOUR EXPERIENCE**

From concerts to movie theatres, sometimes getting back to life after a brain injury means re-joining the crowd. After an injury, crowded places can present challenges such as:

- Difficulty with sound, crowds and feeling overwhelmed
- Getting tired more easily
- Confusion
- More difficulty understanding or navigating

### **LARGE VENUE**

If you're ready to go to a concert or a show with large crowds of people, here are some things to consider:

- Start small. Before you go to a festival, see how you do at a bar on a Saturday night.
- Make sure you plan for success by drinking lots of water, make sure you eat, bring ear plugs and sunglasses, take breaks when you need them. If you are outside use sunscreen.
- It can be helpful to go with someone you trust.
- Watch for signs that you are feeling overwhelmed such as confusion, frustration, irritability, feeling more emotional, feeling dizzy or any number of other symptoms.
- Plan what you want to buy before going to a concert or show and bring only a certain amount of cash to prevent overspending.

### **CROWDED SOCIAL SITUATION**

Whether it's the holidays with your family or a work party, crowded social situations will happen. Prepare yourself for being in a crowd social situation:

- Look for someone you know and trust. Just knowing you have a friendly face can help you feel more comfortable.
- Do what you need to do to feel comfortable.

- While you are in a crowded social situation, remind yourself that you are safe. If you notice that you're getting overwhelmed or anxious, remember that there is nothing wrong. Over time, your ability to tolerate the noise and the crowd may get better, but it may take some practice.
- Try to plan for success by starting small and building your confidence.
- Before you are in the situation, plan what you want to do.
  - If you don't want to drink alcohol, share this plan with someone so that they can help support you.
- Remember, you can have a great experience without staying for the whole event. If you made it to the event and enjoyed your time, that is a win.
- When the event is over, think about how things went. If there is something you want to do differently next time, think in advance how you can make that happen.

Prepared in collaboration with:

