

# #ConcussionHope Video Guidelines

## What we need from you:

A video of you sharing a message of hope, a helpful coping tip, an uplifting story, an inspirational quote, or anything to help someone battling concussion symptoms to feel less alone.

## How to shoot your video:

- Video can be up to **90 seconds** long.
- Shoot with your phone **horizontally**, not vertically.
- Film in front of a neutral background where light is in front of you, not behind you.
- Film in a quiet place and speak loudly and clearly.
- Keep your phone or camera steady during filming.

## Need some help? Try answering one of these questions:

- What is one thing that helped you feel better recently?
- What piece of advice would you give to someone struggling with concussion or PCS to help them stay hopeful?
- What was the best advice you got in your concussion recovery?
- How did you find new passions when your concussion kept you out of your favorite sports or activities?
- How did you practice self-care when you were recovering from a concussion?
- What helped you make it through your toughest days?

## How to submit your Hope video:

1. Record your video and save it to your phone or computer.
2. DM the video to us on Instagram **@concussionfoundation** or email it to us at **kwalker@concussionfoundation.org**