Common Symptoms of Brain Injury

- “I just don’t feel like myself”
- Feeling light-headed or dizzy
- Hard to organize daily tasks
- Blurred vision or eyes tire easily
- Headaches
- Ringing in the ears
- Feeling sad, anxious or listless
- Easily irritated or angered
- Feeling tired all the time
- Nausea or vomiting
- Trouble with memory, attention, or concentration
- More sensitive to sounds, lights or distractions
- Impaired decision making or problem solving
- Difficulty inhibiting behavior - impulsive
- Slowed thinking, moving, speaking or reading
- Easily confused, feeling easily overwhelmed
- Change in sleep - much more or much less
- Change in sexual interest or behavior

Most common causes:
- Motor vehicle accidents
- Assaults
- Sports-related accidents
- Falls
- Explosions

Resources for More Information & Help:
Centers for Disease Control
http://www.cdc.gov/ncipc/tbi
Defense & Veterans Brain Injury Center
http://www.dvbic.org
Brain Injury Association
http://www.biausa.org

Revision date 041619
**Recovery Following Brain Injury**

Some symptoms may be present immediately. Others may appear much later. People experience brain injuries differently. Speed of recovery varies from person to person. Most people with mild injuries recover fully, but it can take time. In general, recovery is slower in older persons. People with a previous brain injury may find that it takes longer to recover from their current injury. Some symptoms can last for days, weeks, or longer.

**Talk to your health care provider about any troubling symptoms or problems.**

**To Promote Healing & Manage Symptoms**

<table>
<thead>
<tr>
<th>Things That Can Help</th>
<th>Things That Can Hurt</th>
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<tbody>
<tr>
<td>★ Get plenty of rest &amp; sleep</td>
<td>★ Avoid activities that could lead to another brain injury - examples include contact sports, motorcycles, skiing</td>
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<td>★ Increase activity slowly</td>
<td>★ Avoid alcohol as it may slow healing of the injury</td>
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<td>★ Carry a notebook - write things down if you have trouble remembering</td>
<td>★ Avoid caffeine or “energy-enhancing” products as they may increase symptoms</td>
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<tr>
<td>★ Establish a regular daily routine to structure activities</td>
<td>★ Avoid pseudoephedrine-containing products as they may increase symptoms - check the labels on cough, cold, and allergy medicines</td>
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<td>★ Do only one thing at a time if you are easily distracted - turn off the TV or radio while you work</td>
<td>★ Avoid excessive use of over-the-counter sleeping aids - they can slow thinking and memory</td>
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