



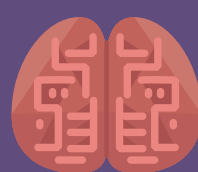
# CONCUSSION BASICS



## What is a concussion?

A concussion is a type of mild traumatic brain injury that affects how the brain works. It usually is caused by a bump, blow, jolt to the head, or by a hit to the body. When the head is hit hard enough, the brain can be shaken around inside the skull. This movement can cause changes to how brain cells function and communicate.

## Signs and Symptoms



Symptoms are a normal part of recovery. Everyone's experience following a concussion is different.

A common cause of stress after concussion is focusing on these symptoms, which can lead to worry and symptom exacerbation.

**Focus on being as active as possible** and less on sleep, physical, emotional and cognitive changes to help prevent this cycle.

### Common Examples of Concussion Symptoms

#### Sleep

Fatigue  
Difficulty falling and staying asleep  
Sleeping more or less than usual

#### Physical

Headache  
Dizziness  
Balance problems  
Sensitivity to light or noise  
Visual Problems

#### Cognitive

Foggy or slow thinking  
Difficulty finding words or organizing thoughts  
Difficulty paying attention and remembering

#### Emotional

Sadness  
Anger or Irritability  
Frustration  
Anxiety



## Concussion Recovery

Most concussions resolve quickly, and people fully recover within a few days, weeks, or months. For some, symptoms may last a little longer.

Seek immediate medical help. Talk to family and friends about how you are feeling. You may also find it helpful to talk to other people who have been through an concussion recovery similar to what you are experiencing. Having the right support can help your recovery.

**Research has shown using strategies to stay active from the beginning of the process promotes optimal recovery. Allow your brain and body to rest for a short period (just a few days) and then gradually increase activity.**

You can learn more about active recovery and symptom management in these helpful handouts:

### Core Resources

- [Success in School Part 1: Accommodations, Advocacy, & Resources](#)
- [Success in School Part 2: Study Skills and Learning Strategies](#)
- [Returning to Activity: Getting Back to All the Things You Love](#)

### Returning to School Resources

- [Attention](#)
- [Listening and Understanding](#)
- [Memory](#)
- [Math](#)
- [Note-Taking](#)
- [Online Learning](#)
- [Projects and Collaboration](#)
- [Reading](#)
- [Speaking in Front of the Class](#)
- [Staying Organized](#)
- [Test Taking](#)
- [Writing](#)

### Returning to Life Resources

- [Concussion Myths](#)
- [Concussion Pitfalls](#)
- [Driving After Concussion](#)
- [Emotional Well-Being](#)
- [Healthy Coping](#)
- [Return to Play](#)
- [Returning to Work](#)
- [Self-Advocacy](#)
- [Sleep](#)
- [Social Life](#)
- [What I Want You to Know About Concussion](#)

