



# What I Want You to Know About Concussion

I have been diagnosed with a concussion, and I am working to manage my symptoms so that I can get back to the things that I love to do. Having you as an ally in my recovery will help me to get better.

Below are answers to some questions about concussion and how you can support me during the recovery process.

## 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.



## What activity is okay after a concussion?

Continuing light activity after concussion may improve recovery. People's brains and bodies need to rest for a short period after injury (just a few days) and then activity can gradually increase. It is critical to avoid activities which could result in another injury, but light activity is recommended. As activity is increased, symptoms may as well. During an activity, it's okay if symptoms increase a little, but if the symptoms continue to increase, this may be a sign that it's time to take a break and return to the activity once the symptoms calm down.



## What are typical symptoms?

Symptoms are a normal part of recovery. Everyone's experience following a concussion is different. People with certain risk factors, such as experiencing multiple concussions, are more likely to experience longer lasting symptoms. Concussion symptoms commonly include changes to the following areas:

**Sleep:** sleeping more or less than usual

**Physical:** headaches, dizziness, sensitivity to light/noise

**Thinking:** difficulty with attention, memory or finding words

**Emotions:** Sadness, irritability, anxiety

## What are my concussion symptoms?

These are the concussion symptoms that I am experiencing now:

## How long is the recovery process?

Most concussions resolve quickly, and people fully recover. For some, symptoms may last a little longer. Research has shown using strategies to stay active from the beginning of the process promotes optimal recovery.

## What am I doing to help my recovery? These are some things I am using to help me get better:

## What can others do to help my recovery? These are some things that would be helpful as I work to get better: