

SYMPTOMS FOLLOWING MILD BRAIN INJURY

Although most individuals recover completely following a mild brain injury, some folks continue to experience symptoms.

Some common symptoms include: headaches, dizziness and poor balance, difficulty sleeping and/or sleeping more than usual.

As an individual with a mild brain injury, a caregiver, or a loved one, these are some things to be aware of and/or to keep in mind. These issues may persist some period of time. It might be beneficial to participate in outpatient cognitive remediation, if symptoms continue.

- Following a mild brain injury, an individual may experience good and bad days. On good days, there may be a tendency to “do a lot” and/or overdo it. Pacing is important. Overdoing it can cause someone to need time to complete tasks.
- You may need to give yourself more time to complete tasks.
- Memory and attention issues may cause delays in completing tasks.
- Decreased memory may lead to a need to write down information, use a calendar, and be better organized.
- Allow more time for laundry, meal planning, shopping and bill paying, as these kinds of activities may take more time. Reviewing mail sometimes becomes overwhelming. Separating mail into “junk, okay to toss, requires follow-up, bills to be paid” may be helpful in limiting accumulation of mail.
- Prior to making a telephone call, write a script or jot down things you want to make sure you address.
- Planning helps to decrease stress and anxiety.