



## Common Symptoms of a TBI

### Thinking / remembering

- Difficulty thinking clearly
- Feeling dazed or foggy
- Difficulty concentrating or making decisions
- Memory challenges
- Difficulty organizing daily tasks

### Emotional health

- Irritability
- More emotional than usual
- Feeling nervous or anxious
- Difficulty adjusting to the injury
- Sadness

### Physical

- Headache
- Sensitivity to light or noise
- Nausea or vomiting
- Loss of balance or dizziness
- Blurry or double vision

### Sleep

- Sleeping more than usual
- Sleeping less than usual
- Trouble falling asleep
- Trouble staying asleep
- Feeling tired, having no energy