



# Help With Ongoing Symptoms



## Concussion/Mild Traumatic Brain Injury (mTBI)



U.S. Air Force photo by Tech. Sgt. Colette M. Graham

Most people with concussion recover after their injury, however, a small percentage of people will experience symptoms (such as headaches, memory problems, irritability or fatigue) for a longer period of time. Although these symptoms might be related to the concussion, they often are caused by other injuries or factors that lengthen the recovery period. These factors can include age, gender, previous history of concussion, the presence of a psychological disorder or a learning disability, stress at home or work, and certain medications. Remember, not all symptoms improve at the same rate—some take longer than others.

### Here's what you can do:

- **Speak up.** It's important to communicate honestly and openly with your health care provider about symptoms that continue to bother you or interfere with your everyday life.
- **Keep track of your symptoms.** Track ongoing changes in your symptoms or any new symptoms in a journal or mobile application (see back for examples). Share these changes with your health care provider to pinpoint possible causes and treatment options.
- **Support your recovery.** Think about ways to help your brain and body heal now. Eat healthy foods, exercise and keep a regular sleep schedule. Go to sleep and wake up at the same time every day. Limit caffeine, especially energy drinks, which can hurt the quality of your sleep; limit alcohol consumption.
- **Seek ways to relax.** Reduce stress by trying activities such as yoga, exercise, music or art. Talk with your health care provider about these options to complement your treatment.

*Concussions affect everyone differently. Many factors, such as other medical and psychological conditions, will influence your recovery. Remember to be patient and work closely with your provider.*

PATIENTS

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- CBT-i Coach
- Concussion Coach
- Breathe2Relax
- LifeArmor
- PE Coach
- PTSD Coach
- T2 Mood Tracker
- Tactical Breather



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### Track your symptoms

Keep a journal of your symptoms like the one below and share it with your health care provider.

Date and time	Symptom	What were you doing when you experienced the symptom (exercising, reading, etc.)?	How long did your symptom last (i.e., seconds, hours)?	What made you feel better/worse?

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Do you have questions about this fact sheet? Feedback? Email [info@dvbic.org](mailto:info@dvbic.org).