

Concussion: What We Want You To Understand

- ➔ It's an invisible disability.
- ➔ Everyone's brain and brain injury are different; it is a many-layered issue. If you've had a concussion and recovered, please keep in mind that what worked for you may not necessarily be best for me.
- ➔ It's not just a headache. It affects everything I do.
- ➔ It's not that I don't want to do things, it's that I can't.
- ➔ I'm doing my best. However, my best may not be your best.
- ➔ My symptoms may change day-to-day. Just because I'm doing better one day, doesn't mean I'm necessarily better overall. If I have a bad day after a good one, I am not making it up.
- ➔ I am not attention-seeking. My pain is real. I need validation.
- ➔ Due to my unpredictable symptoms, I have trouble meeting timeline expectations (i.e. in work settings).
- ➔ If I over-exert myself physically or mentally, I may feel the effects of that for many days afterward.
- ➔ My emotions may be heightened. I may be more reactive to situations that didn't affect me before.
- ➔ I may have stress and anxiety from my injury and the recovery process.
- ➔ I may have issues with my mental health afterward.
- ➔ My self-worth may be impacted, especially if it is tied to my ability and productivity.
- ➔ I may need some scheduled down-time and alone time. It doesn't mean I don't enjoy your company; I just need to take care of myself first.
- ➔ The fact that it's hard for me to articulate my symptoms and feelings is part of the injury.