

# Mild Traumatic Brain Injury



## DEFINITION

A traumatic brain injury (TBI) is a blow or jolt to the head that disrupts the normal function of the brain. The severity of the TBI is determined at the time of the injury and may be classified as: mild, moderate or severe.

## DID YOU KNOW?

Concussion – another word for a mild TBI – is the most common form of TBI in the military. Symptoms of concussion often resolve within days or weeks.

## COMMON SIGNS AND SYMPTOMS

### Physical

- Headache
- Sleep disturbances
- Dizziness
- Balance Problems
- Nausea/vomiting
- Fatigue
- Visual disturbances
- Light sensitivity
- Ringing in ears

### Cognitive

- Slowed thinking
- Poor concentration
- Memory problems
- Difficulty finding words

### Emotional

- Anxiety
- Depression
- Irritability
- Mood swings




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## COPING TIPS

- Write things down.
- Store important items like keys in a designated place to keep from losing them.
- Pace yourself and take breaks as needed.
- Focus on one thing at a time.
- Allow time for your brain to heal. It's the most important thing you can do.

 Recovery is different for every person and depends on the nature of the injury.

## RECOVERY TIPS

- Avoid smoking or drinking alcoholic beverages.
- Sit out of contact sports.
- Get enough sleep — seven to eight hours a night.
- Take medications as instructed.
- Avoid overexerting yourself physically or mentally.
- If you're concerned about your symptoms or if they're not improving, see your provider.
- Stay engaged with your family and provider as your symptoms improve.

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Defense and Veterans Brain Injury Center

The primary operational TBI component of the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury

