

## Physical Symptoms of a Concussion

- Dizziness
- Problems with balance
- Nausea and or vomiting
- Balance problems
- Sensitivity to noise
- Sensitivity to light
- Blurred vision
- Headache
- Low energy level
- Unequal pupils
- Seeing flashing lights

## Mental Symptoms of a Concussion

- Difficulty remembering
- Confusion
- Inability to concentrate
- Inability to think clearly
- Mental foginess
- Inability to remember new information
- Trouble paying attention
- Loss of focus

## Sleep Symptoms of a Concussion

- Sleeping more than usual
- Unable to fall asleep
- Sleeping less than usual

## Emotional Symptoms of a Concussion

- Easily angered or upset
- Feeling nervous or anxious
- Feelings of sadness
- Crying more than usual
- Lack of interest in usual activities
- Depression