



*Anyone can be affected
by a Traumatic Brain
Injury.*



**RESOURCES FOR
MORE
INFORMATION
ABOUT TBI.**

- *Centers for Disease Control*
- *Defense & Veterans Brain Injury*
- *Center Brain Injury Association*
- *Brain Injury Association of NC*

**Traumatic
Brain Injuries**

What You Need to Know

What is a Traumatic Brain Injury?

A Traumatic Brain Injury can also be referred to as a TBI. This type of injury happens when a strong force is applied to someone's head affecting their brain's functioning. When someone is unable to stay fully awake or alert, this is a big sign that their brain functioning has been impaired. When some people experience a TBI they can be "knocked out" and lose consciousness for a short or a long time. Some people do not lose consciousness but may become dazed or confused for a period of time.

Common Symptoms of TBI

- "I just don't feel like myself"
- Feeling tired all of the time
- Blurred vision
- Headaches or ringing in the ears
- Trouble with memory, attention, or concentration
- Easily confused, feeling easily, overwhelmed
- Sleeping to much or not sleeping enough
- More sensitive to sounds, lights, or distractions
- Slowed thinking, moving, speaking, or reading

Traumatic Brain Injuries are a serious public health concern in the United States.



What to Avoid?

- Activities that could lead to another TBI (contact sports, motorcycles, skiing, etc.).
- Alcohol - this will slow the healing process.
- Caffeine products - they may increase symptoms.
- Excessive use of over-the-counter sleeping medications.

What's Next?

Make sure that you or your loved one experiencing a TBI is:

- Get plenty of rest and sleep
- Start adding in activity slowly.
- Try writing down things if you are having trouble with memory.
- Establish a daily routine and stick to it.
- Check in with a loved one or friend before making big decisions and if you start feeling worse.
- Allow yourself extra time for thought processes, completing a normal activity, and responding to others.
- Remember the small goals and accomplishments - moving forwards slowly is still progress.

Resources:

Struchen, M.; Davis, L.; McCauley, S.; Clark, A. (2009). Baylor College of Medicine. "Guidebook for Psychologists: Working with Clients with ...". Retrieved from:
http://tirr.memorialhermann.org/uploadedFiles/_Library/Childrens/Psych_TBI_Manual_FINAL129.pdf

Taber, K. and Hurley, R. (n.d.). Mid-Atlantic Mental Illness Research, Education and Clinical Center W.G. "Bill" Hefner VA Medical Center, Salisbury NC. "Quick Guide to Traumatic Brain Injury". Retrieved from:
https://eclass.e.southern.edu/pluginfile.php/1092444/mod_label/intro/TBI-article.pdf