

# Characteristics of a Brain Injury

While every brain injury is unique, there are some common symptoms that individuals may experience following such an injury:

## Physical Symptoms

- Pain, stiffness, weakness
- Headache, Nausea, Fatigue
- Seizures
- Spasticity
- Dizziness or poor balance
- Sleep disturbances
- Speech issues
- Difficulty swallowing
- Trouble walking or dressing
- Light or sound sensitivity
- Vision issues
- Bladder/Bowel control problems

## Cognitive/ Sensory Problems

- Problems with memory or attention
- Impaired judgement or decision making
- Difficulty learning new information
- Difficulty with reading/writing skills
- Changes in smell, taste, hearing, vision
- Loss of personal safety skills
- Slowed processing speed
- Slowed reaction time
- Difficulty concentrating
- Easily distractable
- Decreased problem solving skills

## Emotional/Behavioral Changes

- Stress, Anxiety, Depression
- Anger and Frustration
- Restlessness or agitation
- Irritability, aggression, mood swings
- Focuses on self
- Impulsivity
- Difficulty reading social cues
- Inability to express empathy
- Low self-esteem
- Inability to cope
- Sexual disfunction
- Trouble starting/completing tasks



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