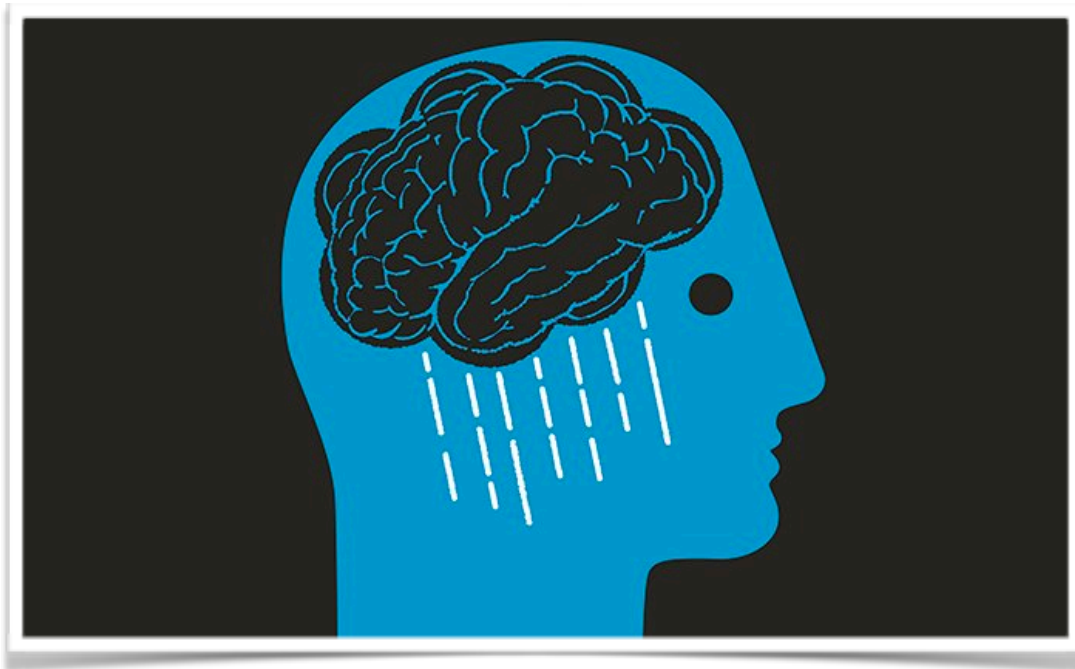


Concussions:

Anxiety and Depression



Experiences following Concussion:

Having a concussion affects participation and enjoyment of once tolerated activities. This can lead to feelings of sadness, frustration, or anxiety. Often the thought of not knowing “when” life will return to “normal” can promote these feelings, causing a barrier to progress and worsening of symptoms. Recognizing that these thoughts are common following concussion can help regain control over your reactions to frustrating situations understanding that there are ways to cope and people to assist you with processing your feelings can prevent prolonged anxiety and depression.

1

**DIFFICULTY CALMING
OR CHANGING
THOUGHTS**

2

**EXCESSIVE WORRY
OR CONCERNS**

3

**SLEEP DISRUPTION
DUE TO WORRIES OR
PERSISTENT
THOUGHTS**



Risk Factor:

* Family or personal history of anxiety or depression can relate to increased anxiety following concussion.

* Higher Level Performance: Those who are accustomed to higher level demands, physically or cognitively, can feel more impacted following concussion due to initial limitations.

Treatment:

* Seeking treatment for Cognitive-Behavioral Therapy can help with coping techniques and reflection.