signs of concussion

Emotional and Behavioural:
- Sadness
- Anger
- Frustration
- Nervous/anxious
- Irritable

Physical:
- Headaches
- Nausea
- Dizziness
- Sensitive to light and noise

Mental:
- Fogginess and difficulty thinking
- Feeling slowed down
- Difficulty concentrating and remembering

Sleep:
- Sleeping more or less than usual
- Difficulty falling asleep and staying asleep