



THE SYMPTOM CHECKLIST

IDENTIFY ♦ ADAPT ♦ IMPROVE

THE SYMPTOMS

Physical_____

- Headache
- Nausea
- Balance problems
- Dizziness
- Visual changes
- Sensitivity to light
- Sensitivity to sound

Cognitive_____

- Mentally foggy
- Difficulty concentrating
- Difficulty remembering
- Difficulty multitasking
- Difficulty making decisions
- Difficulty following directions
- Difficulty prioritizing

Emotional_____

- Irritability
- Sadness
- Anxiety

Sleep_____

- Drowsiness
- Changes with sleep
- Trouble falling asleep
- Insomnia

THE FIXES

- Dim the lights
- Wear a billed hat/sunglasses
- Reduce distractions
- Wear noise canceling-headphones
- Focus on a single task
- Take notes
- Audio record conversations
- Practice mindfulness
- Pace yourself
- Meditate
- Focus on your breathing
- Take frequent breaks
- Reduce clutter
- Follow a routine
- Make lists
- Set timers/reminders
- Reduce screen time
- Enjoy a nutritious diet
- Break down a task into smaller parts
- Color code and use labels
- See an OT for more strategies!

