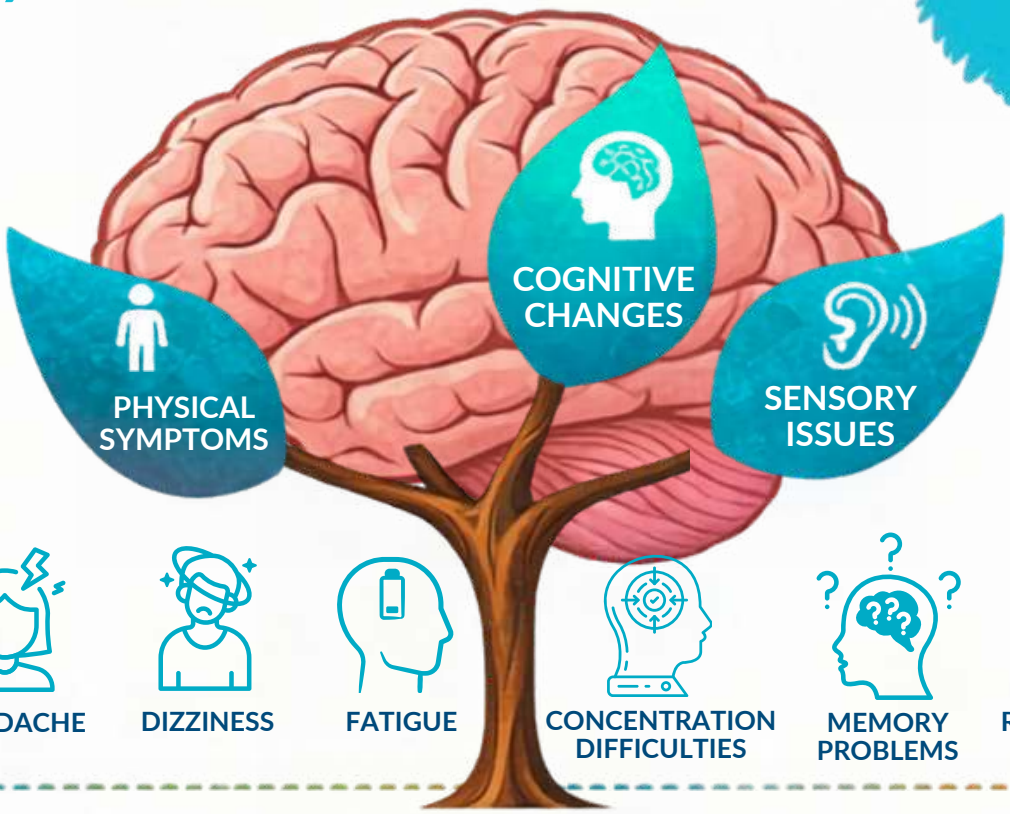
BRAIN INJURY

SIGNS AND SYMPTOMS

There's more to brain injury than what you see on the surface

the stroke survivors foundation



HEADACHE

DIZZINESS

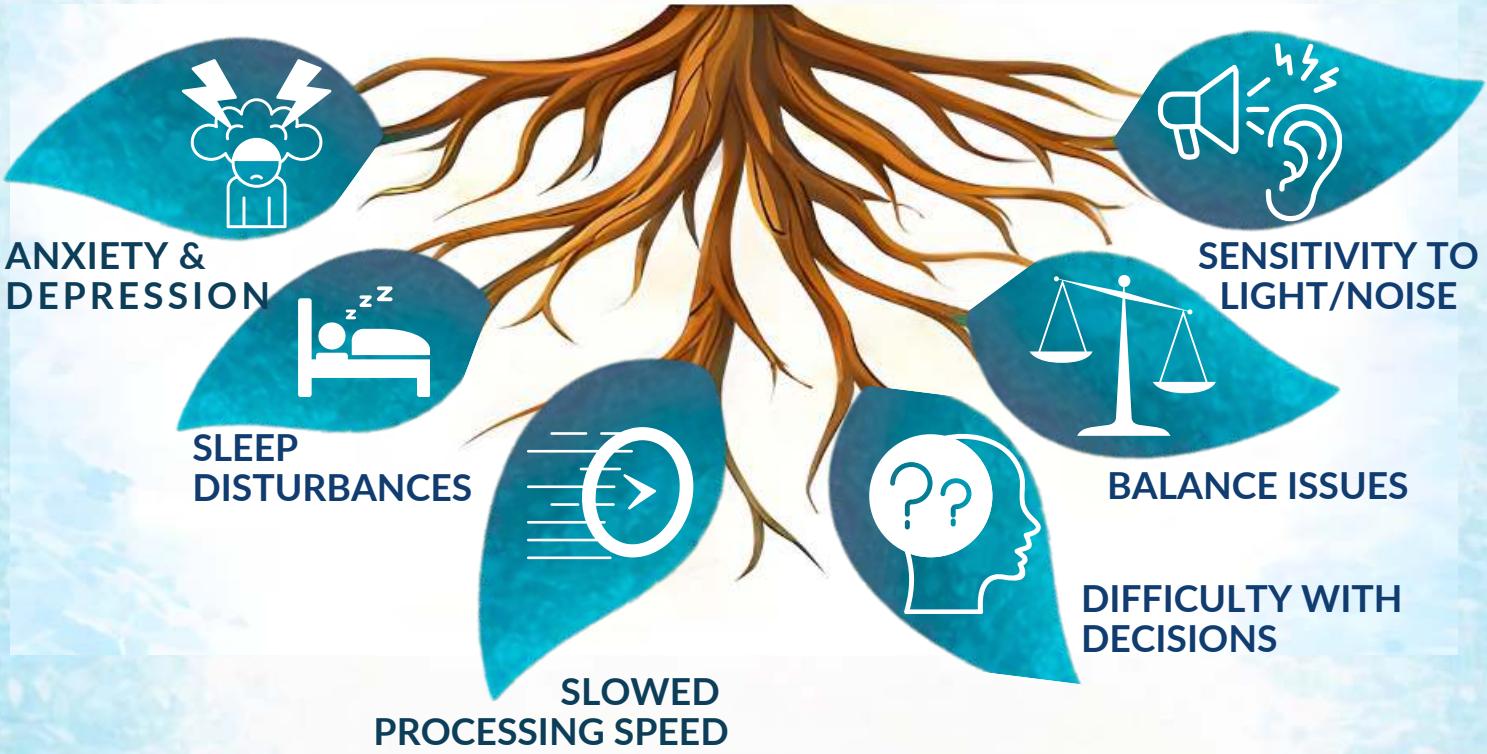
FATIGUE

CONCENTRATION DIFFICULTIES

MEMORY PROBLEMS

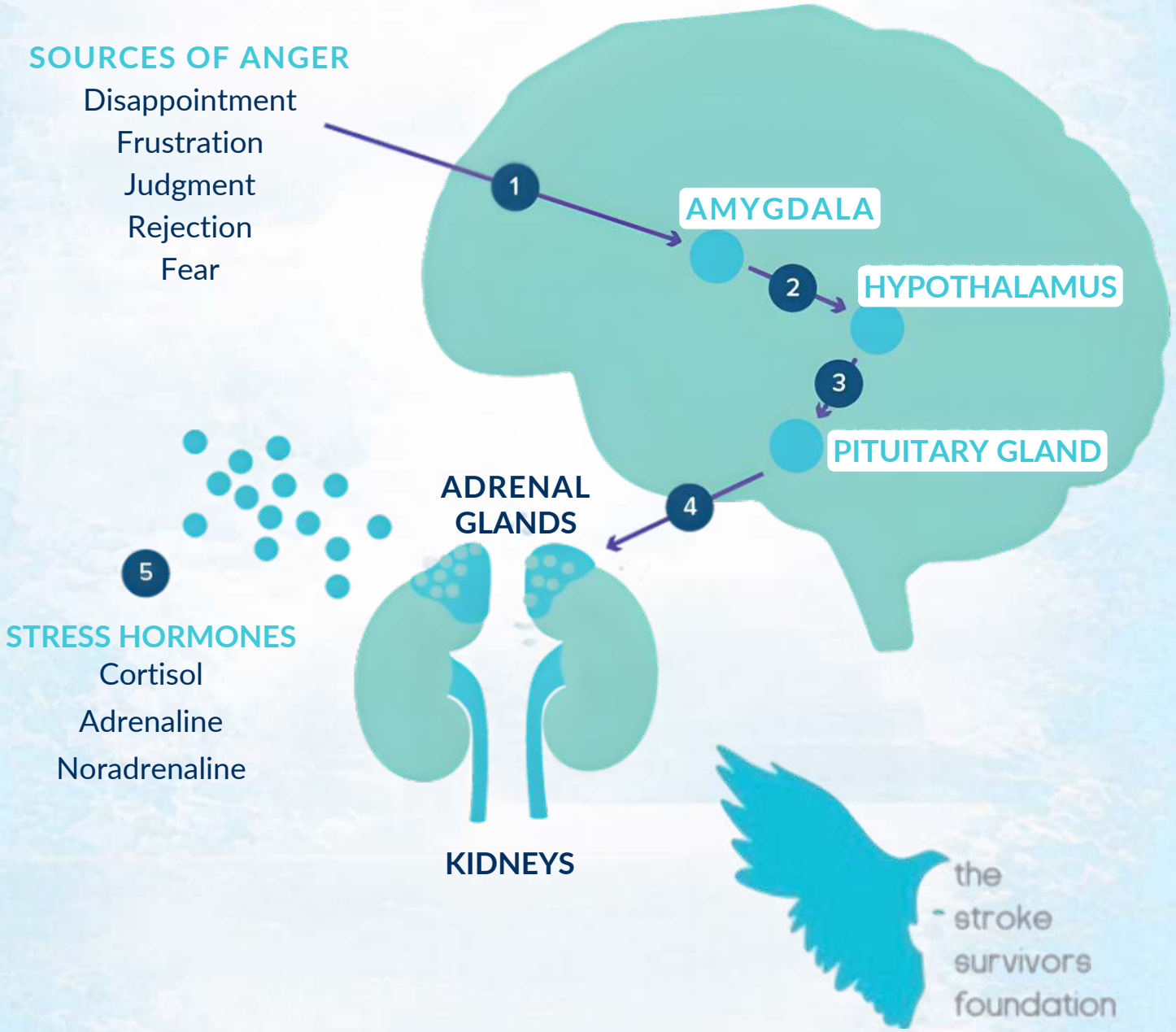
RINGING IN EARS

WHAT YOU HAVE TO LOOK CLOSELY TO NOTICE WHAT YOU CAN'T SEE



How ANGER affects your brain and body

1. The first spark of anger activates the amygdala before you're even aware of it.
2. The amygdala activates the hypothalamus.
3. The hypothalamus signals the pituitary gland by discharging corticotropin-releasing hormone (CRH).
4. The pituitary activates the adrenal glands by releasing adrenocorticotropic hormone (ACTH).
5. The adrenal glands secrete stress hormones like cortisol, adrenaline, and noradrenaline.



the stroke survivors foundation

BRAIN INJURY MASKING

The invisible ways we pretend to be "okay," even when we're not.

- **Forcing yourself** to keep plans even when you feel awful.
- **Over-explaining or justifying** why you can't do something.
- **Powering** through when you need rest.
- **Acting "normal"** so no one worries.
- **Laughing** to hide brain fog or confusion
- **Pretending** noise or light isn't bothering.
- **Saying "I'm fine"** when you're anything but.
- **Hiding** aids or medications out of embarrassment.
- **Silently struggling** because asking for support feels too vulnerable.
- **Minimizing** your symptoms so you don't seem "dramatic".
- **Apologizing** for needing help.
- **Smiling** when you are in pain

the stroke survivors foundation