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# Protect Your Performance

## → Possible brain threats.

*Potentially concussive events: airborne/drone-borne, or missile blast; vehicle blast, collision, or rollover; presence within 225 meters of a blast, inside or outside; direct blow to the head; loss of consciousness; exposure to more than one blast event.*

## → Symptoms.

*Concussion or mild TBI/mTBI may affect how you feel, think, act, or sleep.*

**Physically** - Bothered by light or noise; dizziness or balance problems; feeling tired, no energy; headaches; nausea; vision problems

**Thinking and Remembering** - Attention or concentration problems; feeling slowed down; mentally foggy or groggy; problems with memory; trouble thinking clearly

**Emotionally** - Anxiety or nervousness; irritability or easily feel anger; feeling more emotional; sadness

**Sleep** - Sleeping less than usual; sleeping more than usual; trouble falling asleep

## → Next steps.

**Get help so you can get back to your best.**

**Health.mil/Brain**

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