



# Defense and Veterans Brain Injury Center

## Concussion / Mild Traumatic Brain Injury Rehabilitation: Mood Changes

**Having trouble concentrating?**

**Easily irritated or on edge?**

**Feeling overwhelmed, anxious, sad or depressed?**

**Understand that it is OK to have these feelings.** There are things you can do to help manage these feelings. Take deep breaths, and know that the feeling will pass. Do not focus on your worries or troubles. Do something you enjoy.



**This is normal and very common after a concussion / mild traumatic brain injury.** Fortunately, these feelings get better with time.

**Replace the negative thoughts or actions with positive ones.** If you are in a situation that is upsetting you, get out of it. Go for a walk. Take a few minutes without disruption to settle yourself.

**Do not call yourself bad names or put yourself down.** You are not your concussion / mild traumatic brain injury. Life will get better. Stay positive.

**Talk to someone you love or trust about these feelings.** Many people have felt the same way you have at some point in time. Don't be afraid to express yourself. Your health care provider can also help, so be sure to share your feelings with him or her.

**If you have thoughts or feelings of hurting yourself or others, seek emergency care.** You can contact the Veterans Administration Suicide Prevention Hotline: 800-273-TALK (8255). This number is established for both Veterans and Active Duty personnel.

**Symptoms associated with TBI are similar to psychological stress.** If these mood changes are causing problems at work or home, seek help.

*This tool is to be used as a patient education resource during a visit with your provider.*

**Developed by Subject Matter Experts from the DoD and VA  
Version 2: 4 May 2009**

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