

# How to Teach a BRAIN in PAIN

## *Know the Symptoms*

Lack of  
concentration

Impaired  
comprehension

Slow processing of  
information

Emotional  
upheavals

Lack of decision-  
making skills

On-going  
headaches

Extreme sensitivity  
to sounds

Extreme sensitivity  
to light

Easily  
overwhelmed

Poor spelling

Nothingness  
thoughts

Lack of self-care

Unpredictability

Fatigue

Balance issues

Extreme sensitivity  
to motion

Feelings of defeat

Slow transitions

Change in writing

Avoidance

Feelings of guilt

Poor memory

# TEACH

with the symptoms in mind