

What is memory?

- Memory is a thinking process where your brain takes in, stores, recalls, and uses information.
- Memory involves multiple structures of the brain that work together.
- After mild traumatic brain injury (mTBI) or concussion, there may be other factors that take up space in the thinking process and can impact memory. These factors can include:
 - Pain
 - Dizziness
 - Changes to mood like anxiety, depression, or anger
 - Stress
 - Fatigue or lack of sleep
- Using tools to reduce these factors can help you feel in control and remember better. You can find additional information on strategies to address these areas that can impact memory performance at <https://www.myshepherdconnection.org/mild-tbi-concussion>

How can I improve my memory?

- Research has shown that using strategies to manage challenges with thinking supports recovery following mTBI and concussion. Helpful strategies for dealing with memory challenges include:
 - Stay focused. To remember something, you need to pay attention to it first. For example, limiting distractions around you, like turning your mobile phone on silent mode, can help you stay focused. More strategies to stay focused can be found at <https://www.myshepherdconnection.org/mild-tbi-concussion/mind-and-body/thinking>
 - Keep a schedule. Strategies and tools to create a daily routine and stick with it can be found at <https://www.myshepherdconnection.org/mild-tbi-concussion/life-after-mild-tbi-concussion>
 - Be organized. Keep track of what you need to do and when you need to do it with helpful tools like apps on your smart phone, using daily planner, or a calendar.
 - Keep items that you usually take with you when you leave your house (like your wallet, phone, keys) in the same spot that is easy to see.

What can others do to help?

- Try not to ask, "Don't you remember..." as this can be frustrating. Instead, give helpful cues to fill in memory gaps.
- Ask what memory tools the person is using and how they prefer to be supported.
- Keep up with steady routines if you live in the same household.
- Try not to give a lot of information too quickly all at one time.
- Break up directions or tasks into smaller, easier steps.
- Make sure you have the person's attention before having a conversation.
- Be patient and remember that memory challenges are common after mTBI and concussion. Using these helpful tools are a normal part of the recovery process

Additional Comments: