

# “Strategies to Try” Journal

Keep track of strategies you want to try to reduce or manage your symptoms and concussion problems.

What I read or just learned	What I’m going to try	When I’ll try it	How did it work?
<b>Example:</b> Tracking my headaches can help me see patterns and triggers	Keeping a headache journal	For 2 weeks, starting on Monday	Helpful. Saw that video calls were giving me a headache.