Di*fficulty concentrating or focusing after a concussion is common.

**People often experience**

- Difficulty doing more than one thing at a time or multi-tasking (e.g. taking notes while listening in a meeting)
- Being more easily distracted - Distractions can be both external (noise, movement) or internal (thoughts, pain)
- The mind drifting off and thinking of other things
- Difficulty sustaining attention for long periods of time (e.g. when reading)
- Becoming bored, restless, or losing interest quickly