Symptom Wheel

Physical:
- headache/nausea
- dizziness/balance problems
- photosensitivity/blurred vision
- noise sensitivity
- neck pain

Cognitive:
- concentration
- remembering
- mentally foggy
- slowed processing

Emotional:
- more emotional
- nervous
- sad
- angry

Maintenance:
- mentally fatigued
- drowsy
- sleeping too much
- sleeping too little
- can’t initiate/maintain sleep

- Allow student and teacher to have "signal"
- Help staff understand that mental fatigue can manifest in "emotional meltdowns"
- Allow student to remove him/herself to de-escalate

- Workload reduction in the classroom/home
- Adjust "due" dates
- Allow student to "audit" classwork
- Exempt/postpone large test/projects
- Alternative testing
- Allow for "buddy notes"
- Allow for technology
- Allow for extra time
- Do not penalize for work not completed during recovery

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