Certain symptoms lend themselves to certain interventions. The *Symptom Wheel* helps educators align concerns with solutions (McAvoy, 2011).

**Symptom Wheel**

- **Physical:**
  - Headache/nausea
  - Dizziness/balance problems
  - Photophobia/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

**Interventions:**

- “Strategic Rest” - scheduled breaks
- Sunglasses
- Quiet room/environment
- More frequent breaks in classroom/clinic
- Remove from PE, recess, and dance classes without penalty
- Workload reduction in the classroom/homework
- Adjust “due” dates
- Allow student to “audit” classwork
- Exempt/postpone large tests/projects
- Alternative testing
- Allow for “buddy notes”
- Allow for technology
- Allow for extra time
- Do not penalize for work not completed during recovery
- Allow student and Teacher to have a “signal”
- Help staff understand that mental fatigue can manifest in “emotional meltdowns”
- Allow student to remove him/herself to de-escalate
- Allow for rest breaks
- Allow students to start school later in the day
- Allow student to leave school early