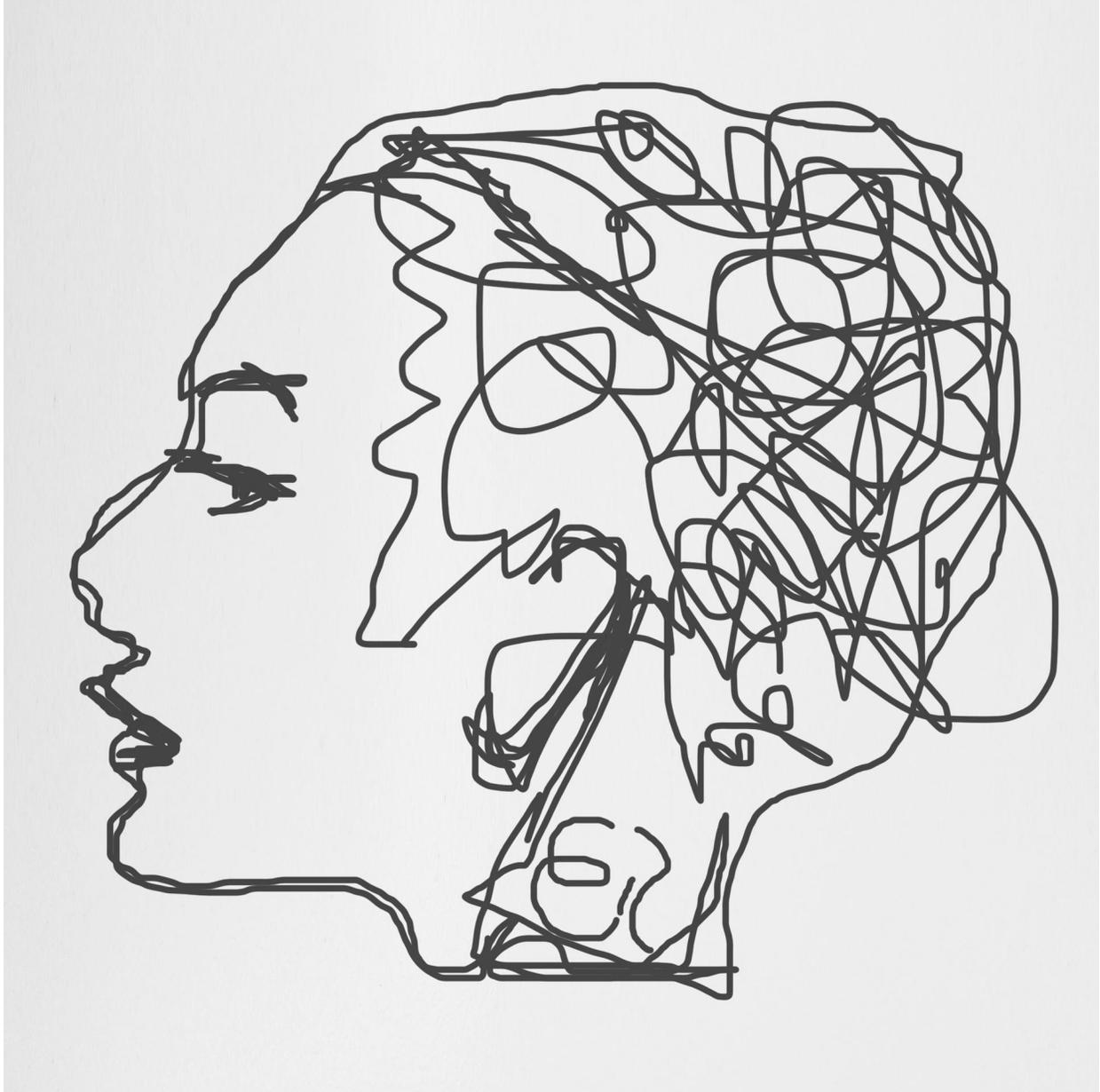


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Ouch.

(for all my clumsy people)

1 hr. POV documentary

...

(p.s. breathe - you're okay)



## LOGLINE:

A young woman who suffered head trauma at a young age and now struggles with hypochondria gains understanding through learning the links between the two and shares her findings.



## SYNOPSIS:

I'm from a small town - one of those communities where you can't go to the grocery store without seeing someone you recognize. You know your neighbours, there isn't a Starbucks, and you could walk from one end of town to the other without breaking a sweat; this explains why my twelve-year-old self thought "hey, I know there isn't a cross-walk here, but we're just going to the park down the street and I've never been in danger in my life, so to hell with it!" That's when it hit me - not an



epiphany or anything groundbreaking, but a car. Yeah, a car physically tossed me up into the air, used my skull as a windshield destroyer, then put me in a fun little arm cast for a year (and yes, I do say this to evoke pity).

Now, I'm one of the lucky ones who healed up and wiped my hands clean of it, but I discovered something along the way... Getting into my early twenties introduced me to the beautiful world of ~AnXiEtY~ and all the joys it has to offer. I never thought much of it, I mean, who doesn't experience anxiety at one point or another? I did however HAVE to think about it when it completely mutated into severe hypochondria that quickly became crippling and unmanageable (I just decided to wait, like, three years before doing anything - does this make me a masochist?). But MY GOD would it have been amazing to have a resource at the time to learn about why I felt that way -

**post-concussion anxiety** is a seldom-discussed but very real and very worthy topic that more people need to be educated on in order to avoid the unnecessary terror of it all. And can we stop making it the scariest thing in the world and just talk about it like real people? Can we laugh at our silly and unrealistic fears? Can we approach it in a way that doesn't make the hypochondriac afraid to watch it?

Ouch. will embark us on that exact journey - one of discovery and hope for healing; a fulfilling life despite the setbacks of post-concussion anxiety. It's possible, but it takes work, and I want this documentary to be a resource to aid in that. Let's stop being afraid and just live.

## STORY:



This is my story, but it also belongs to so many others. I think there's a huge comfort in knowing you're not alone in post-concussion anxiety (let's call it P-CA), and I want that to be a major point of the film.

I will cover my own experiences with P-CA (how it feels, how I deal with it, etc.) and plan on documenting my experience at a head trauma

clinic where I will undergo a brain scan that will hopefully result in more direct and helpful treatment.

I then want to highlight the importance of proper ways to cope (healthy and positive thinking, telling someone how you feel, keeping note of when you're struggling so you can learn how to deal with that issue better in the future, etc.)

I plan on doing this all while infusing humour and lightness to the mix. Health docs are usually so heavy and intense, and frankly, the opposite of what people struggling with anxiety (and more specifically, hypochondria) want to expose themselves to. This doc will have all the benefits of a health doc without the looming fearfulness they almost always include.

I want to educate, but most importantly bring comfort to the people who severely seek it and rarely feel it. Life is scary without any of this, so let's be patient with each other and seek out help when we need it. It's so important, and so is this topic. I look forward to shedding light on it through this doc.