



Brain Injury Bites: Help and Advice

Episode Ten: The importance of esteem

Episode Ten: The importance of esteem is now available to stream on your favourite podcast app:



Find what works for you

This doesn't necessarily mean going back to your job or career that you had before your injury. You should try to find something with meaning to you and gives you a purpose. Do what you enjoy and what you're good at. Don't forget that you can move to something entirely different to what you did before your injury.

Make sure steps are taken at the right time

It's important you don't set yourself up to fail and go back to something too quickly or set unrealistic expectations. Don't rush back to things and give yourself time to recover.

Vocational Rehabilitation

Introducing an expert in vocational rehabilitation can help you to understand how your injury has affected you and help you to find alternatives. They will be able to look at what skills you have that can be transferred to other roles. They can also find adjustments and adaptations and speak with employers on your behalf.



Make lists

Make a list and tick things off as you complete them. Remember to keep the list realistic and not to add too many things - this can help a detrimental impact on your esteem. Ticking things off can help you to see exactly what you've achieved and improve your esteem.

It's not all about the money!

Do something for your own self-esteem; that could be raising money for charity, volunteering, or something else entirely.



"Your real friends will shine through."



Brain Injury Bites

Bite-sized podcasts helping brain injury survivors

CFG
Law

www.cfglaw.co.uk