



# Brain Injury Bites: Help and Advice

## Episode Twelve: Depression and brain injury

**Episode Twelve: Depression and brain injury** is now available to stream on your favourite podcast app:



### It's normal to feel this way

It's perfectly normal to feel down and sad after a life-changing brain injury. Feelings of depression are not something you should be ashamed of or embarrassed about, and you should never feel weak for how you feel.

### Focus on the positives

Try to focus on the good things in your life, and not dwell on the negatives. There will be ups and downs in your recovery, and that's to be expected.

### Don't be too tough on yourself

Cut yourself some slack and listen to your body. Look at all the things you have achieved and don't try and do too much. Remember to celebrate your successes, no matter how small.

### Create a support network

Talk to friends and family about how you might be feeling to avoid isolation. Try joining a new group (such as a running club or local choir) to make new friends and support groups.

### Speak to a professional

Whether it's talking to your GP, a psychologist or neuropsychologist, seek professional help for how you are feeling.

### Write things down

Try writing your problems down and then discuss them with someone—this way, you won't be put on the spot if someone asks you how you are and you will be able to remember what has been worrying or concerning you.

### Regular exercise

Get into a routine of doing regular exercise. Regular exercise can boost your mood, as well as keeping you physically healthy and fit. Do any activities that make you feel good.

### Find a hobby

Whether it's getting back into something you enjoyed before, or finding something else that you enjoy and that you're good at, keeping active and busy can help to elevate your mood.

*"You don't know what's going on  
other people's minds."*



# Brain Injury Bites

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