



# Brain Injury Bites: Help and Advice

## Episode Six: Coming to terms with a brain injury

**Episode Six: Coming to terms with a brain injury** is now available to stream on your favourite podcast app:



### Acceptance is the first step

Accepting that things have changed after a brain injury and that you may need help to do certain things is the first step in coming to terms with your injury.

It is about understanding that things might have to change and you might have to do things differently, but that's ok.

### There isn't an overnight fix

Acceptance that there isn't an overnight fix for a brain injury, but there are things you can put in place to make life easier.

### Strategies and techniques

It's not that you can't do things that you could before your injury, you just might not be able to them in the same way. It's about finding strategies and techniques to compensate for any problems you might be facing.

### Focus on the positives

Remain focused on the positives in your life; look at all the things you can do, not what you can't.

### Celebrate

Make sure you celebrate all of your achievements, no matter how small. Friends and family should also provide encouragement. Keep a log of your progress so you can see how far you have come.

### Don't rush

It's important not to try to do too much, too soon. Don't rush your recovery; it's ok to take things slowly and to go at a slower pace if that helps you. If you feel yourself getting fatigued with something, then take a break and rest.

Try not to be impatient about getting back to how you were before (e.g. rushing to get back to work). Take the time to work out what is best for you and what you can manage after your brain injury.



*“You'd be surprised at what you can do, you've just got to do it in a different way.”*



# Brain Injury Bites

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