



# Brain Injury Bites: Help and Advice

## Episode Eight: Comparing yourself to others

**Episode Eight: Comparing yourself to others** is now available to stream on your favourite podcast app:



### Don't compare yourself on social media

Remember, other people will always put their best side forward on social media, so you will only see that warped reality. So, it's not a good idea to compare yourself to other people on social media – often, other people's posts have taken a long time to curate and put together and it's easy to forget that.

### Don't over analyse

Try not to over analyse and obsess over small details. It's easy to become too absorbed and waste time obsessing and stressing about details.

### They don't have a brain injury!

Most of the people you're comparing yourself with don't have a brain injury, so it's not a fair comparison. Also, don't be too hard on yourself or be unrealistic.

### Social media isn't all bad...

It can be a good way to stay in touch and be able to communicate with people. It can give you time to think about what you're saying and help you to build up confidence in social situations. However, this can hide how somebody is really doing after a brain injury.

### Distract yourself

Try to distract yourself with other things rather than just sitting and comparing yourself on social media. Try doing something that you enjoy or something that gives you a purpose (for example, fundraising for charity).

### Try not to get annoyed

People will also compare themselves to you, so it's important to try not to get frustrated - it's just people trying to empathise and not fully understanding brain injury, so try not to waste time and energy getting annoyed.

### Don't replace one obsession with another

It's about doing things in moderation and activities that make you happy.

### Do something for someone else

Throughout your recovery, everything has been about you, so it's good to do something for other people and find a purpose.



*“Most of the people you're comparing yourself to won't have a brain injury.”*



# Brain Injury Bites

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