

TRAUMATIC BRAIN INJURY

Tips from Paperflower Psychiatry

TAKE BREAKS

Your brain will need to have time to recover. Make sure you give yourself frequent small breaks to prevent being overstimulated or overwhelmed -- even during seemingly "simple" tasks!



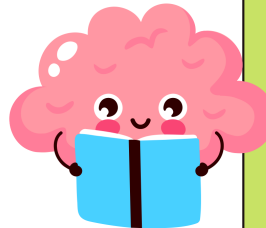
SLEEP = #1



The best way your brain can begin to heal is by resting - sleep! Allow yourself to nap if you are tired during the day. Avoid staying up late. Prioritize going to bed early so you have an adequate time in bed.

FOCUS

Do not try to multitask. Break things down into small tasks. One thing at a time. Avoid distractions such as a TV on or a lot of stimuli when trying to concentrate. Use a notebook or app to take notes and set reminders for yourself.



ADVOCACY



It may feel that people talk too quickly, or sometimes you may struggle with remembering vocabulary words. It's okay to ask people to repeat themselves more slowly or use another word.

Advocate for yourself - ask for help if you need it!

PATIENCE

It is common to be frustrated with yourself after a brain injury. You may feel you aren't recovering "fast enough," or "you should be better" by now. TBI's come with serious changes in processing speed of information, memory, and mood. Be kind to yourself as you heal.

