



## Building bridges after brain injury

Contains stories, tips and ideas from people who have experienced a brain injury



## Contents

### **2 How to use the book**

Guidance on how the book can best help you

### **12 People living with brain injury**

The experiences of some other people after their brain injury

### **44 Managing my brain injury**

Common issues experienced by people after brain injury and some of their own unique solutions

### **74 This is me**

Activities which have helped





## Common issues covered...

I can't remember my injury... See page 46

I even denied I had a brain injury... See page 48

Other people don't always understand... See page 52

Feeling alone... See page 54

Trouble remembering day-to-day things... See page 56

I react to things differently now... See page 58

No energy or Oomph... See page 60

I can feel overwhelmed... See page 62

I have felt worried, low and emotional... See page 64

Some relationships have changed... See page 66

I have had symptoms nobody told me about...  
See page 68

I have to make adjustments and adapt... See page 70

1  
PEOPLE'S STORIES

2  
ISSUES/SOLUTIONS

3  
THIS IS ME

4  
REFLECTION

5  
FUTURE GOALS

6  
SMALL STEPS



"You can look back in 6 months and think, wow, I used to be like that and now I'm not, so I have progressed. Even if it seems silly to you, write it down."

Jan

1 PEOPLE'S STORIES

2 ISSUES/SOLUTIONS

3 THIS IS ME

4 REFLECTION

5 FUTURE GOALS

6 SMALL STEPS