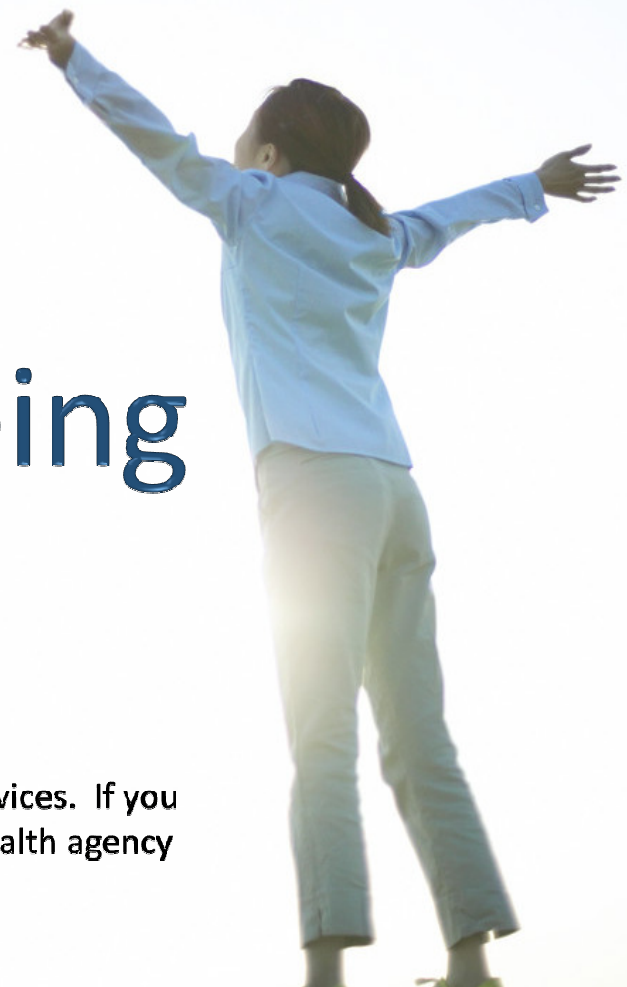


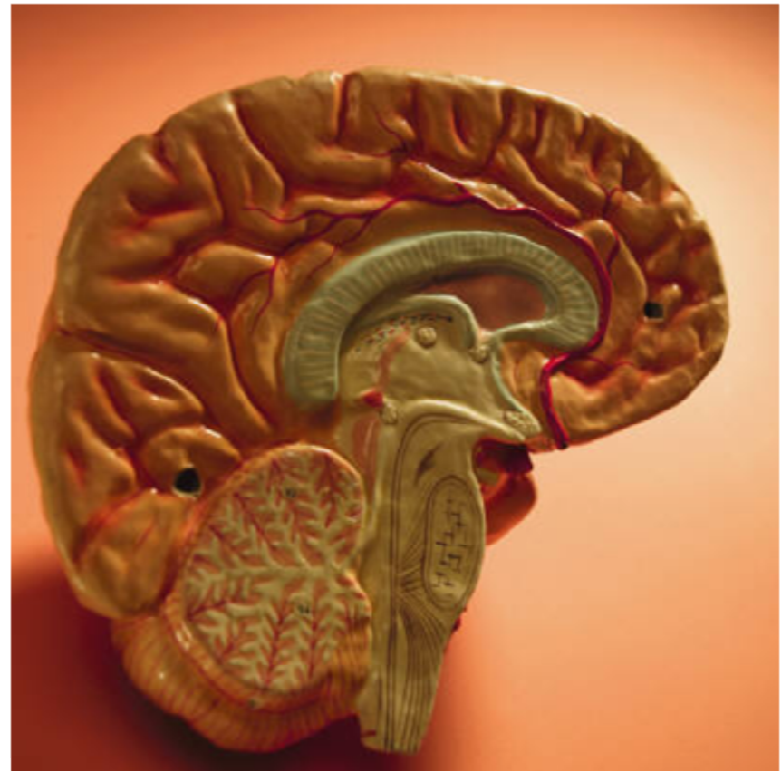
Emotional Well-being After Brain Injury

***This workshop is not intended to provide professional mental health services. If you are experiencing a mental health emergency contact your local mental health agency or go to your nearest emergency room.**

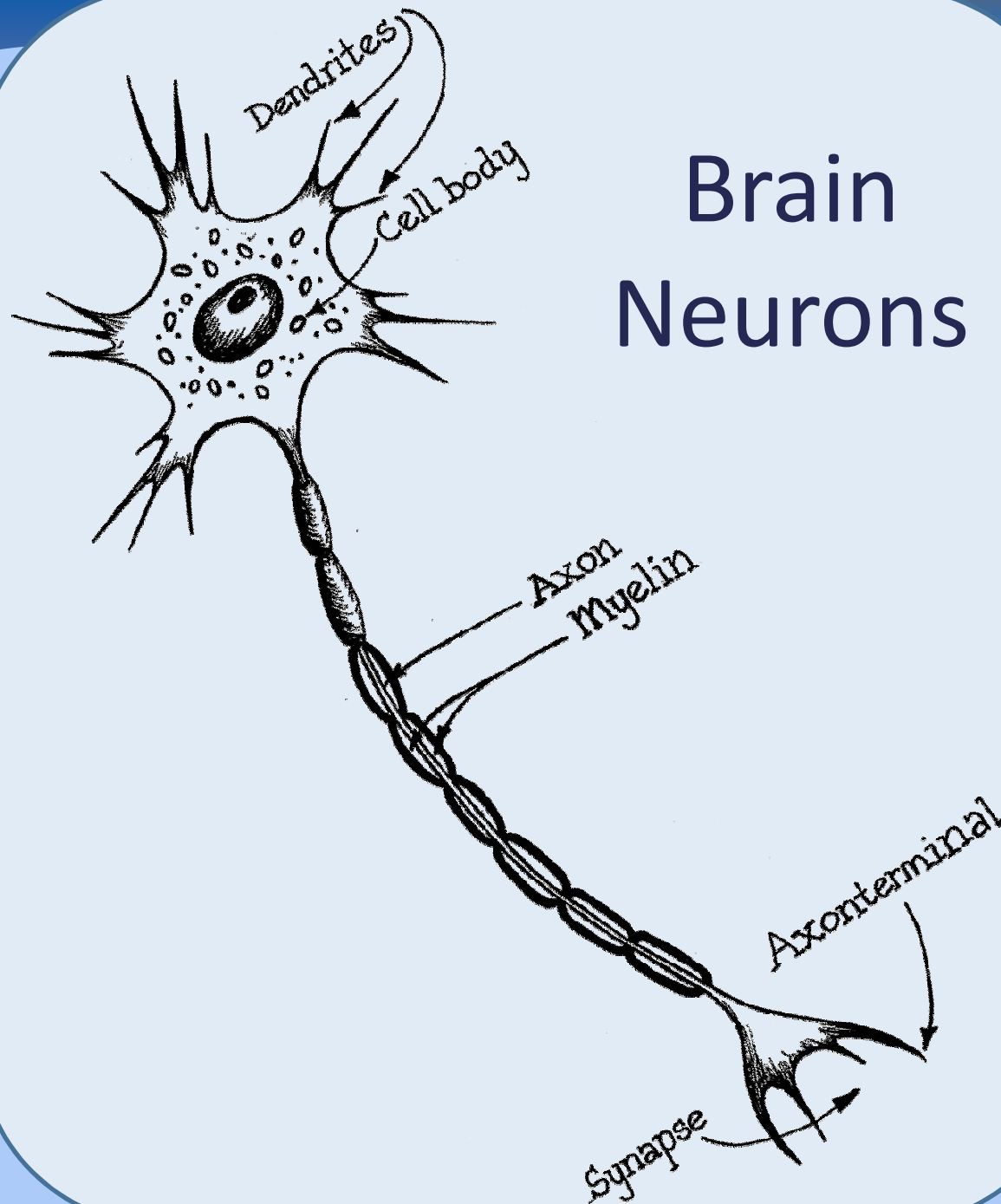


Impact on our Mental Health

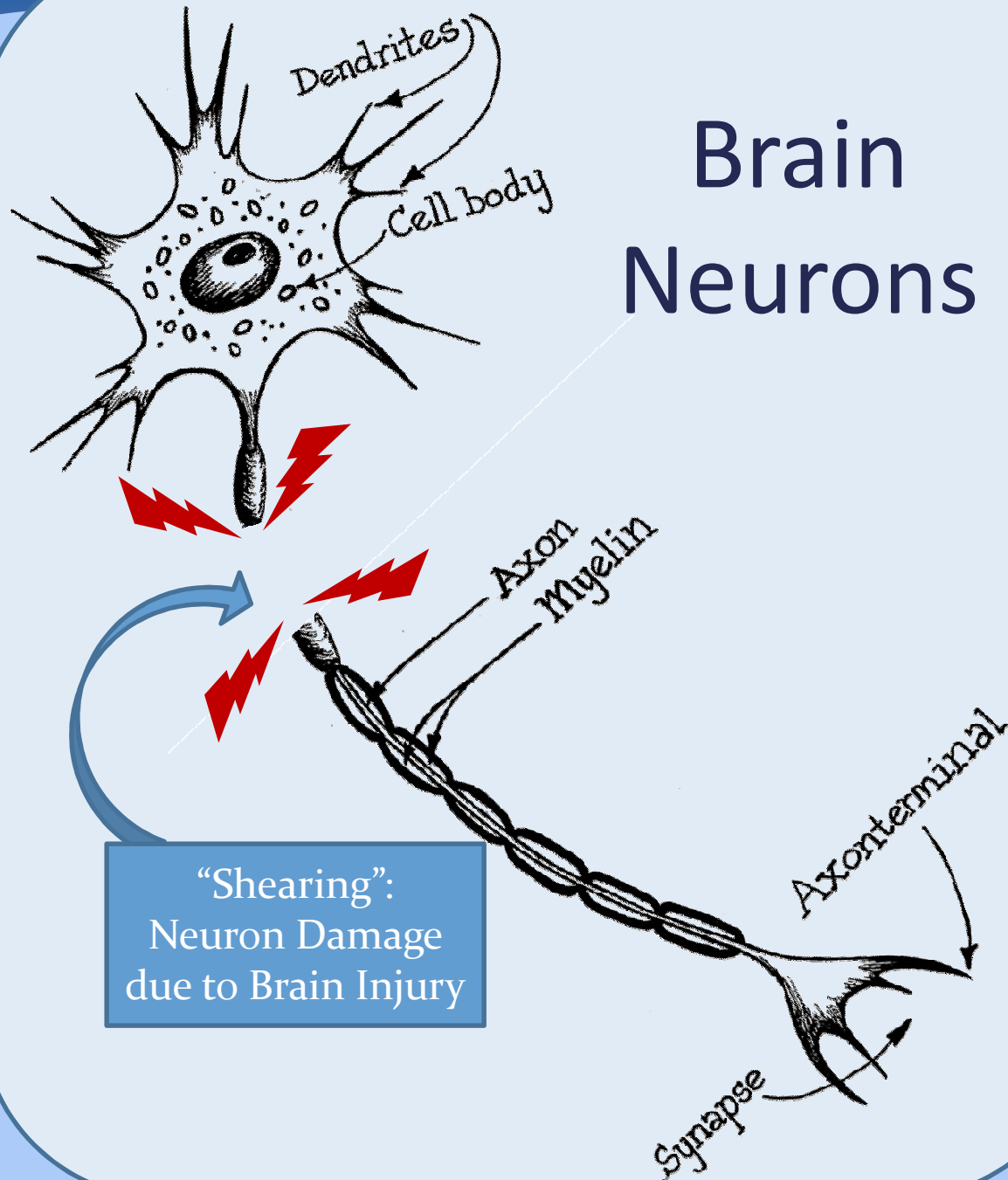
- Neurochemical Changes
- Relationship Changes
- Financial Changes
- Grief and Loss



Brain Neurons



Brain Neurons



Neurochemical Changes

Injury causes



Decrease in neurochemical activity



Changes to mood, pleasure, sleep, motivation,
self-esteem

Frontal Lobe Injury

- Common Injury to the Brain
- Impacts
 - Executive Functioning
 - Attention, Processing, Planning, Decision-Making
 - Emotional Regulation
 - Impulse Control, Agitation, Irritability
 - Difficulty Understanding Others

Relationship Changes

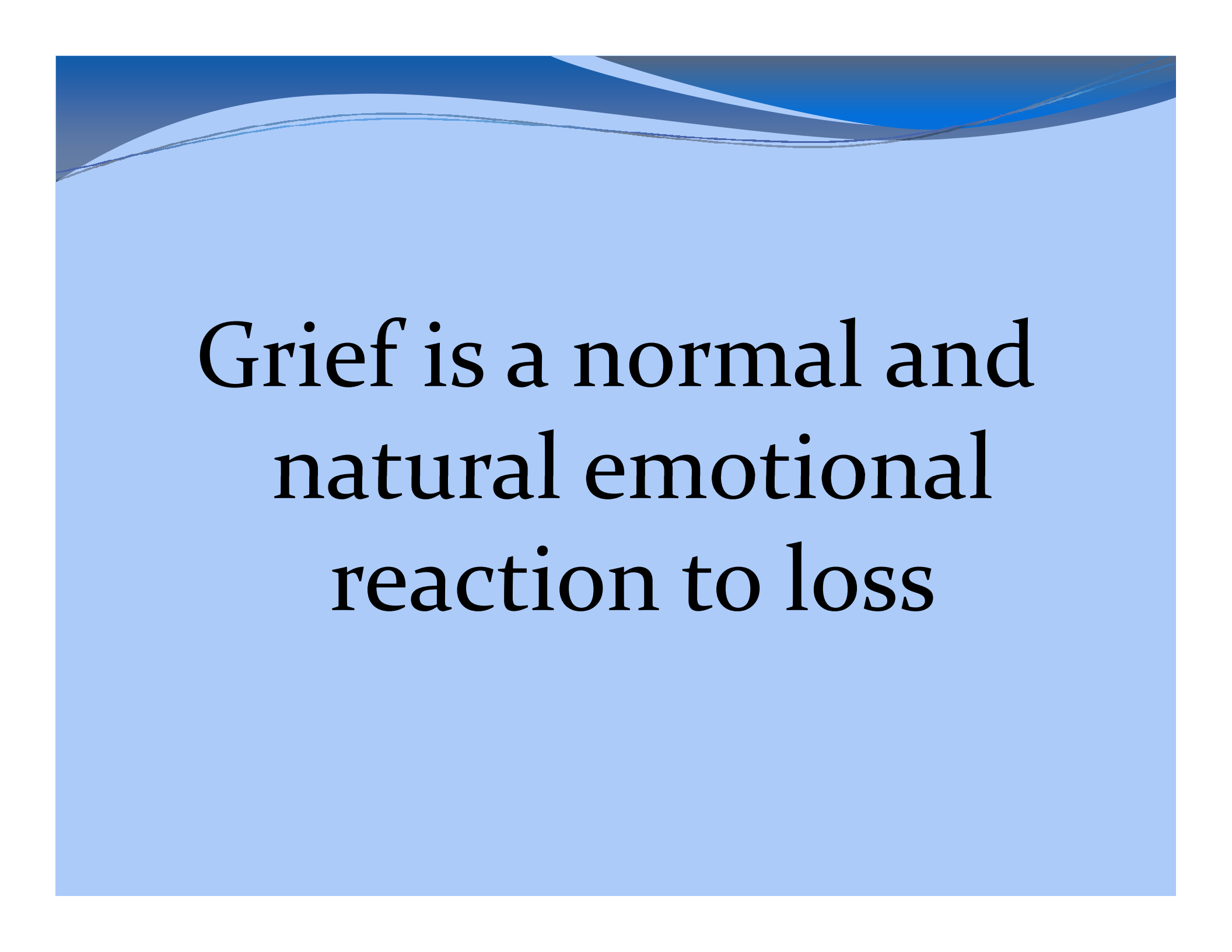
- Marital Strain
- Loss of Friendships
- Change of Role within the Family



Financial Changes

- Inability to Work
- Fixed Income
- Medical Costs



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Grief is a normal and
natural emotional
reaction to loss



Grief and Loss

- Mourning your former self
- Change in ability (self-efficacy)
- Accepting new roles in family, work, community

Table Discussion

Complete the Emotional Health Assessment.
How have your emotions changed since your
brain injury?

(15 minutes)



Emotional Health Assessment

How have I been feeling since my brain injury?

Please circle all the words that apply.

Confused

Tired

Resilient

Depressed

Grieving/Sad

Afraid

Angry

Hopeless

Frustrated

Irritable

Anxious

Hopeful

Grateful

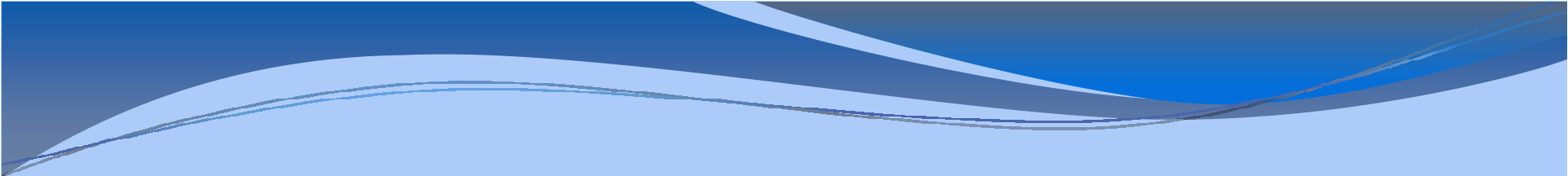
Creative

Overwhelmed

The background of the slide is a solid light blue color. At the top, there is a decorative header consisting of several overlapping, wavy bands of different shades of blue, ranging from a deep navy blue to a lighter sky blue. These bands create a sense of movement and depth.

Now that we know our challenges....

How do we deal?



“ Seeing a Mental Health Therapist is a recognition of how emotionally challenging it can be to have a brain injury. It does not imply that you are weak or mentally ill rather, grief is normal but people tend to handle significant life changes better when they can discuss them with others.”
(Niemeier & Karol, 2011)

Professional Services

- Therapy
 - Individual Therapy
 - Group Therapy
 - Assessment
- Psychiatric Services
 - Medication Management
- Alternative Therapies
 - Biofeedback, Acupuncture, Yoga
- Social Worker
 - Case Management, Advocate



Things you can do on your own!

- Attend a support group
- Become involved in something
- Take care of your body
- Practice relaxation techniques
- Take time for self care & recreation
- Practice positive self-talk
- List your goals and accomplishments

Table Discussion

What are you doing that's working?

Discuss your current coping skills.

(10 minutes)



Group Discussion

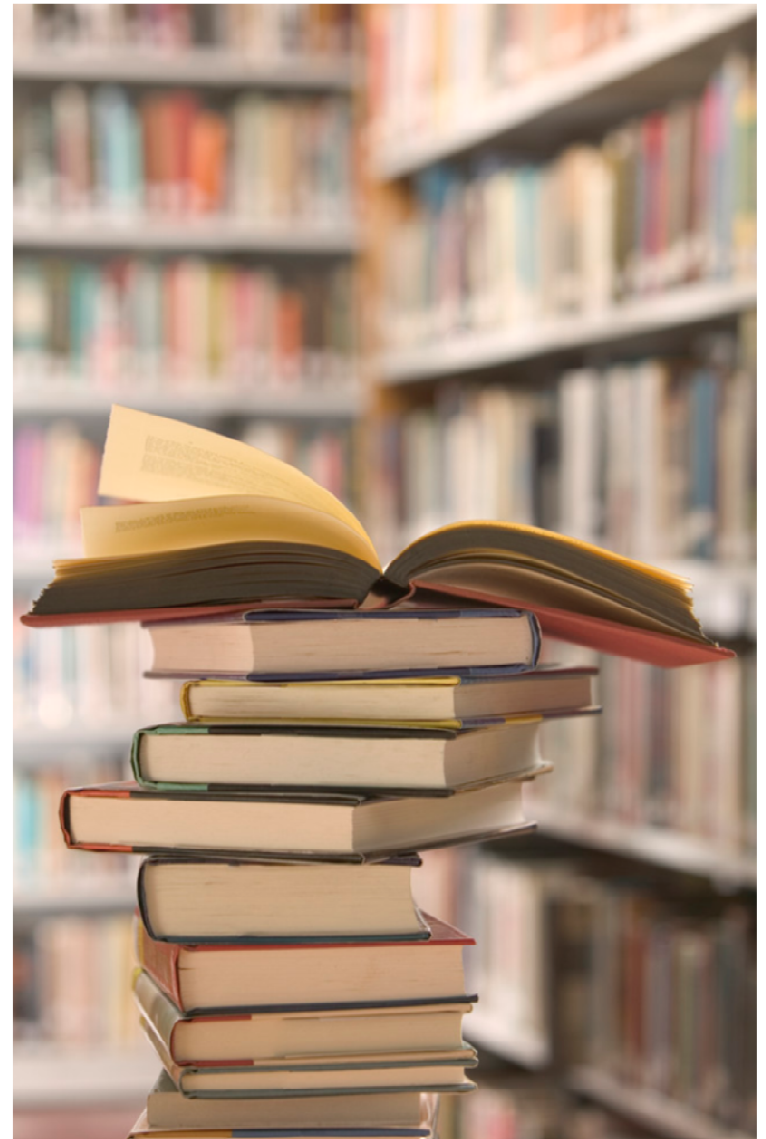
Share your table's ideas and feedback on good coping skills and strategies.


(15 minutes)



Additional Information & Resources

- TIP Card
- Community Resources





Relaxation Exercise

Sit back, get comfortable,
and enjoy....

