



Celeste Campbell, Psy.D.

Traumatic Brain Injury Personal Life Coach

10 Tips for Living with Traumatic Brain Injury

1. Educate yourself

Knowledge is power

-Sir Francis Bacon

- ❖ Find out all you can about brain injury in general, and about your brain injury specifically.
- ❖ If you have had a neuropsychological or other assessments, make sure you understand everything that is in it.
- ❖ Ask questions!! If you don't understand the jargon, ask for clarification.
- ❖ Ask about resources, services, reading materials other people who have been through this.

2. Simplify

*Eliminate the unnecessary
so that the necessary can speak.*

--Hans Hofmann

- ❖ You will not be able to juggle everything you did before
 - - Let go of what is not important.
- ❖ A clear, open environment is less confusing
 - -Clutter creates unnecessary stimulation
 - -With slower information processing, you are wasting brain energy screening out unnecessary stuff in your environment.
 - Get rid of the junk!
- ❖ Get rid of non-useful activities
- ❖ Get rid of toxic relationships.

3. Organize

*A place for everything and
everything in its place.*

-Benjamin Franklin

- ❖ Designate a specific place for frequently used items – keys, wallet/purse, cell phone, medications, etc. - Label if necessary
- ❖ Set aside time at end of each day to put everything in its place
- ❖ Set aside time at the beginning of each day to review your schedule and gather together all you need for the day.
- ❖ Write everything down!!
 - get as much out of your head as possible.
 - Do not attempt to commit things to memory
 - Keep a schedule, chart on the wall, lists.
 - Make lists.

4. Let Go

Nothing we can do can change the past...

-Ashleigh Brilliant

- ❖ Work with what you have now!
- ❖ Erase “shoulda” “woulda” “coulda” from your vocabulary.
 - It doesn’t matter what should or shouldn’t have happened – the past is done – Let it go!
 - Yes, there are things you used to be able to do - if you can’t do them now, Let go!
- ❖ Energy spent lamenting the past is energy you no longer have to craft your future.
- ❖ Say to yourself – out loud if necessary –
“What do I need to do next to move forward?”

5. Embrace the Future

...but everything we do can change the future

-Ashleigh Brilliant

- ❖ Be open to new opportunities.
- ❖ Set goals and make plans
- ❖ Anticipate good things happening in your life
- ❖ Looking for the good allows you to see the good – yes, put on rose-colored glasses!
- ❖ Different is not necessarily bad – and may be quite enjoyable
- ❖ Since you are living this life anyway, you may as well enjoy it

Embracing the future is a choice!

6. Get Support

No man is an island

-John Donne

- ❖ You do not have to, and in fact cannot, take this journey alone.
- ❖ Ask for help when you need it.
- ❖ Be specific in what you need – most people are willing to help, but feel inadequate in figuring out what to do for you.
- ❖ Use the available resources –they may not be perfect, but they will help you get moving.
- ❖ There is someone out there somewhere who has an answer to whatever question you may pose – maybe not the perfect answer, but at least something for you to work with.

7. Get to Know Yourself

To thine own self be true.

-William Shakespeare

- ❖ Take a long, hard look at yourself.
- ❖ Consider the feedback you get from other people, assessment results, consequences of your behaviors, the situation in which you find yourself
- ❖ Acknowledge your weaknesses, and your strengths – they are all a part of who you are.
- ❖ Recognize how you are different from before - and how you are the same

8. Create a Toolbox

*Man is a tool-using animal...
without tools he is nothing,
with tools he is all. -*

Thomas Carlyle

- ❖ Just as you would not tackle every repair job around the house with a single hammer – collect a variety of tools to manage the results of your brain injury
- ❖ Organize and catalogue your toolbox – keep a notebook.
- ❖ Examples of categories for your toolbox: resources, compensatory strategies, routines, schedules, “what to do if...” grocery list, medications, emergency numbers...
- ❖ As you learn new strategies and techniques, file them away

9. Take a Step

*A journey of a million miles
begins with a single step.*

-Lao-tzu

- ❖ Find one small thing you can do today to move your life forward.
- ❖ One of the classic principles of physics is inertia - an object will always continue moving at its current speed and in its current direction until some force causes its speed or direction to change –
- ❖ In simpler terms – nothing will change until you do something different!!.

DO SOMETHING!!

10. Reward Yourself

*The reward of a thing well done
is to have done it.*

-Ralph Waldo Emerson

- ❖ Pat yourself on the back for small achievements.
 - Don't wait until a goal is fully realized before you reward yourself
- ❖ Reward yourself for engaging in the process, for sustaining your effort, for not slipping backwards.
- ❖ Rewards can be affirmations *“I did good work today”*; a token – *buying yourself a flower or a candy bar on the way home*; a getaway – *a walk in the park in the afternoon, an hour reading a good book*; or something more tangible or substantial.
- ❖ We are quick to kick ourselves when we make mistakes, no matter how trivial – learn to be quicker to reward yourself when you done good!

Want one-on-one support to put these Ten Tips to work for you?

Visit our website for information on
coaching services:

www.tbicoach.com

404-630-1097



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