

# Support Strategies for Brain Injury

Coping strategies for people with traumatic brain injuries are essential for improving quality of life, managing symptoms, and promoting recovery.

Here are some effective strategies:

## Use memory aids

Utilize calendars, planners, and smartphone apps to help keep track of appointments and daily tasks. Set timers and reminders to stay on task and manage time effectively.

## Establish a routine

Keep a consistent schedule, keep things in designated places to avoid confusion.

## Break tasks into smaller steps

Break complex tasks down into smaller, more manageable steps to reduce cognitive overload.

## Take frequent breaks

Make arrangements at work or school to take breaks as needed.

## Make sleep a priority

Stick to a sleep schedule, create a calming bedtime routine, avoid screens before bed, limit caffeine.

## Practice stress management techniques

Try deep breathing or practice mindfulness/meditation.

## Ask for help when you need it

Speak up when things start feeling too hard, don't wait until you are overwhelmed.

## Join a support group

Talk to your doctor or rehabilitation therapist about a support group. Support groups allow you to talk about issues related to your injury, learn new coping strategies, and get emotional support.



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This project was supported in part by U.S. taxpayer funding through multiple federal agencies. The content does not necessarily represent the official views of these agencies and is not an official government document.

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