

Help Strategies

Accepting Help

What we need to do

- Asking for help is natural and reflects personal strength
- Ask for exactly what you need
- Divide tasks down – lighten the load
- Consider who is ideal to help – fit the task with the person
- Build and widen your circle of support
- The answer “no” may only mean “not now”
- Be clear and specific – don’t hint and hope the person will guess what you need
- Return the favour when you can.

Requesting and Accepting Help

Sometimes we need help in certain situations, but we set up barriers that stop us from asking:

- Pride
- Avoiding burdening others
- Protecting the person with the ABI
- I will do it the best
- Sense of duty and responsibility
- Embarrassed or ashamed about not coping




Remember yourself

Always remember that you have needs as well, you are every bit as important as the person with the brain Injury

Remember:

- You are human
- You`re not perfect
- You have limitations
- Do something for yourself every day
- Treat yourself every now and again
- There is no perfect way to deal with any situation
- Be forgiving of yourself
- Be gentle to yourself



Suggested Practical Self care strategies

What helps :

- Talk to someone you trust
- Prioritise what needs to be done & make a list
- Ask for help & accept offers of help
- Take time out every week
- Meet with Friends regularly
- Engage in exercise
- Relaxation activities , i.e. breathing exercises, Yoga, meditation, mindfulness
- Attend a support group
- Keep a “positives journal “ – (record of things that go well)
- Spend time in nature
- Take life “One day at a time”
- Find out as much as you can about Brain Injury