

## **Top Tips for coping with ABI**

On 04 November 2011, RCBIS hosted a Family and Friends conference. The theme was effective coping after ABI. At the conclusion of the day, participants were asked to share their top coping tips. Below is a summary:

- Support Groups; Talking and sharing for support; Network of support; Family support; Find support group – look for others with similar experiences
- Insurance coverage
- Hobbies/physical activities
- Focus on the positive; Positive choices; Dwelling on positive; Surrounding yourself with positive energy; Have positive attitude; Keep positive focus
- Participation in activities
- Never give up
- Open communication
- Learn new technology
- Learn to say “No”; Being able to say no
- Time for self i.e. cooking, hunting, walking, friends; Taking alone time; Take the time to make a deposit into emotional bank account; Take time for self
- Talking with psychologist
- Ask for help; Ask for help from family/friends
- Finding humour and ensuring you laugh; Sense of humour; Humour; Joking about things; Seeing humour in difficult situations
- Have fun everyday
- Reminding loved ones of what they are able to do
- Accept the fact that some people just don’t understand
- Spiritual support/online support
- Define family roles
- Set boundaries
- Encouraging independence
- It’s never too late
- Frequent breaks
- Patience; practice patience
- Working on acceptance
- Find respite
- Recognize and give yourself credit
- Early education; Get information early on
- Keep honest and consistent
- Accept emotions
- Learn from experiences
- Keep busy
- Keep things normal
- Avoid blame
- Providence Care
- Communication – honest
- Enjoy your hobbies (continue to)
- Focus on one thing at a time