



10 WAYS TO MANAGE DEPRESSION AFTER A TRAUMATIC BRAIN INJURY

01 Seek Professional Help

- Connect with others who understand what you are going through
- Join a TBI support group

- Consult a healthcare provider to help diagnose depression
- Consider cognitive behavior therapy

02 Build a Support System

- Create a daily routine to combat helplessness
- Set small goals to build confidence

03 Establish a Routine

- Physical activity can boost mood and reduce stress
- Choose exercises that are safe and suitable for your condition

04 Stay Active

- Mindfulness encourages living in the moment, reducing the tendency to dwell in the past

05 Practice Mindfulness

- Eat a balanced whole-food diet
- Avoid excess caffeine and sugar

06 Eat a Healthy Diet

- Establish a routine to regulate your sleep cycle
- Create a restful sleep environment

07 Prioritize Sleep

- Pursue hobbies that bring you joy
- Socialize with others to lift your spirits

08 Engage in Activities

09 Monitor Progress

- Avoid alcohol and drugs that can worsen depression and interfere with medications and brain functions

- Keep a journal to track mood and activities that bring joy
- Acknowledge and reward yourself for improvements

10 Avoid Substances