



## Headaches after ABI

“When I first came out of hospital I used to get a lot of headaches. Sometimes they weren’t very nice and I had to have the day off school.

I used to get headaches because I felt stressed. I was worried about schoolwork and being back in class.

I found that when I spoke to my friends, family and support worker I felt less stressed. My support worker also showed me some relaxation exercises.

I don’t feel so stressed these days and I’m not worried about school. I still get headaches from time to time but my doctor has given me some medicine that really helps.”

