



**amy**

## Feeling down after an ABI

“Since hurting my head, little things that didn’t really bother me have become a real problem. If I think about the little problems too much I start noticing other things to worry about.

The more I worry about something, the bigger it becomes! It makes me get really emotional and I want to cry.

It is hard because people say to me, “try and cheer up” but that is easy for them to say because they aren’t feeling down. It is very hard for them to understand why I feel the way I do because they don’t really know what I am thinking or how my ABI is affecting me.

Sometimes people tell me to “cheer up” because it makes them feel uncomfortable to see me sad. Mum finds it really difficult. There can be a lot of pressure to smile and pretend that you feel OK when you really don’t.

I find it helps if I talk about why I feel down to mum. She has a good way of making me look at things differently. Sometimes feeling down is tough because you can’t bring yourself out of it.

Mum talks about my little problems and we decide if I’m worrying too much about it; that helps a lot. Then we try and think of other things to take my mind of it. I feel better when I don’t have ages to think about stuff. Mum reads a book to me and my brother Josh will play with me. He is really silly and makes me laugh a lot.

Feeling down can make you feel lousy. The quicker you find a way to cope and make yourself feel better the easier things will be for you. Take a look at Nurse Anna’s suggestions to make yourself feel better.”

