



**amy**

## Feeling frustrated after an ABI

“Some days my brain really struggles to get going in the morning. It’s like someone has flicked a switch in my head and my legs don’t want to work properly anymore. This can be really frustrating.

Some days I am really strong on my legs and I do really well at physiotherapy. Other days I try and do the exercises and it is too much for me. This can be really annoying.

I get frustrated when I don’t understand why. I know I am still adjusting but it’s still frustrating.

My mum helps me when I feel frustrated. She says I will get there in the end. It makes me more determined to get better. I try to be patient with myself and cut myself some slack. I have been through a lot and I am going to need time to get better.”

