



**nurse  
anna**

## Feeling anxious and upset after ABI

You will find that on some days it all gets on top of you and you feel really upset. We can all feel anxious from time to time, especially if there are lots of things happening around you and being done to you that you have very little control over.

Feeling anxious is much worse than worrying about something. Anxiety comes when our worrying gets out of control and we spend all of the time worrying. Worrying can make you feel very upset and nervous and anxiety is when our emotions take over.

Anxiety is emotional worry. It is when we worry so much it makes us feel very sad and we have very strong emotions.

No-one can blame you for worrying and feeling anxious. Everyone does at some time in their life. You've had a hard time with your ABI and so there have been lots of changes around you that have worried you an awful lot.

Your problems are very individual to you. There are those problems you can fix and there are those problems that you just have to wait and see how things turn out. That said, there are some things you can do if you feel worried or anxious:

- **Can you fix your problem:** Is the problem that is making you worried easily fixed? Is there someone you can talk to or something you can do to fix the problem? If so, maybe you could talk about it with a friend, parent or support worker. They might be able to help you fix whatever is wrong.
- **Do you have a people problem:** Is your problem related to people? Is there someone at school or work that you don't get on with or are having a hard time with? Do you feel like you are being bullied or is it just a personality clash? People problems can be very tricky. We will meet people we don't like from time to time. Talk to someone though because they might be able to help you get around the problem.
- **Do you have an emotional problem:** Not all problems are easy to say what is causing them. We can all feel low from time to time but have very little idea why. A lot of depressed people feel tearful and tired all the time but have no idea as to why they feel the way they do. It is safe to say we have two types of emotions; good ones and bad ones. When we have bad emotions it means we aren't on track with





**nurse  
anna**

making ourselves happy. Emotional problems can be a warning sign that you aren't happy. Talk to a friend, or a school counsellor if you have one they may be able to help you out. There are also other people you can speak to - try Childline: 0800 1111 if you need help.

- **Are health problems getting you down:** The big change to your health can have a huge impact on how you feel. You will spend a large part of the time getting to know your body again and maybe you can't do the things you used to. Even things you found easy before are a real struggle. This can be a long-term or chronic problem and this can be very difficult to come to terms with. You might not see it now but you really will learn to cope and the way you feel now will change. You might be frustrated but it is amazing what we can achieve when we have learnt to adjust. You will also have the ongoing support of your doctor, nursing team and physiotherapists. Although you feel that your body is 'broken' at the moment, you might find things change later on. It is about being patient which can be really frustrating in itself.

- **Financial problems:** Money problems really can be the final insult when you are feeling stressed. It is probably not something you will have to worry about though until you are an adult. We can all be a little short of cash from time to time. You may find that you can get some financial help from the government when you are older.

