

## **Tips to Cope with a Spinal Cord Injury-Advice for Helping an Injured Loved One**

by [John Demas](#) on 07/08/10 at 11:03 am

If you have ever experienced losing someone close to you (like a child, a spouse or even a pet), you can understand that sinking feeling that can turn to mild depression. Well, this is often the same feelings that one experiences when they undergo a [spinal cord injury](#). For instance, they may lose their ability to function as they previously did or they may experience difficulty walking or moving. As such, these major changes often cause the individual to feel extremely depressed (and rightfully so).

When dealing with these feelings, you must realize that you are not alone. Millions of individuals experience these same feelings and the best thing that you can do to help yourself is to have a positive mental attitude and know that you are doing your absolute best to get better. In addition, you must become aware of the normalness of your feelings and equip yourself to cope with them. In this article, we will provide you with proven tips to help you cope with a [spinal cord injury](#).

First of all, realize that most traumatic injuries that affects one's life will pass through 5 stages of emotional changes: denial, sadness, then anger, followed by bargaining or forcing compromises, and finally acceptance. The length of time each person stays in a stage is not constant. You would be surprised at someone who is seemingly emotionally weak, accepts his or her condition quicker than a person who seemed balanced in every aspect before the [spinal cord injury](#).

While it is important for that person to get some "alone" time, too much can lead to depression and isolation. It could even end up with abuse of substances like alcohol or drugs. What you

could do is take up a new interest or hobby. A support group would also help you realize that you are not alone, and there are others who feel exactly how you do.

As soon as possible, you should work on gaining control over your daily routine so that you can learn to be independent again. Your family members or friends might have to renovate the house to accommodate the new equipment or transform room in the ground floor of your bedroom but this is exactly what you need.

In addition, you should realize that living with a spinal cord injury is hard and you will most likely feel angry or depressed at times. You will go through a rough learning experience. Your life will be affected whether you want it or not, and how you deal with these changes will affect how you are treated. Try to keep the laughter going. With the new stem cell research now going on fever pitch, there's a big chance new procedures will be introduced in helping you cope with a spinal cord injury.

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