

Brian Injury Depression – Tips to Help You Deal with Depressed Feelings

by Traumatic Brain Injury Attorneys on 08/11/10

When a person suffers from a **brain injury**, the damage can be very extensive. As such, depression is expected because suddenly one's lifestyle changes has changed and it suddenly becomes difficult for them to physically do the things that they normally did and this alone, is very upsetting indeed.

Simply telling them to cheer up is not going to do much good. After all, they have simply lost too much and having a nonchalant attitude could actually backfire on you and make the situation much worse. Instead, you have to monitor their behavior, maintain a positive attitude and make sure that they don't withdraw into himself or herself to much. Keep an eye out for individuals who no longer want to talk or interact with anyone or seem to be headed down a suicidal path. In addition, try to keep the lines of communication open. Talk about how he or she is feeling and offer emotional and physical support whenever you can.

Try to keep the **brain injured** individual involved in activities to stimulate their minds and improve their physical endurance. Suggest they attend a support group so that they can socialize with others who suffered similar situation. Of course, this would depend on the severity of the brain injury, but if the patient is able to recognize and have some degree of mobility and control, he could get to know other patients through group therapy and could benefit from physical therapy.

Unfortunately, many times it takes a total stranger to help the patient. One reason for this is the "no bond or connection" between the two. As such, there is no emotional strain or pressure that allows the patient to freely open up without fear of offending or making matters

worst. Sometimes, a depressed person needs to snap out of his depression, and other times, you have to let it run its course. This would depend on his personality, unique coping mechanisms, extent of injuries and personal emotional strength.

To help a depressed person, you must connect with that inner self, and be ready to accept rejection. Just remember that the rejection is nothing personal, it is a reaction of the patient to his situation, and his need to lash out.

In conclusion, spend as much as you can with the patient, but don't neglect your other responsibilities. After all, you both need time to heal and come to terms with the condition and make the necessary changes. At the same time, you need to be there, overseeing the patient's care and treatment. You cannot always rely on hospital nurses because they are often overworked and understaffed. After leaving the hospital, continue making your presence felt, but give the patient time to heal on his own, provided he is emotionally stable enough not to harm himself.

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