

## Session Summary: Coming to terms with your injury

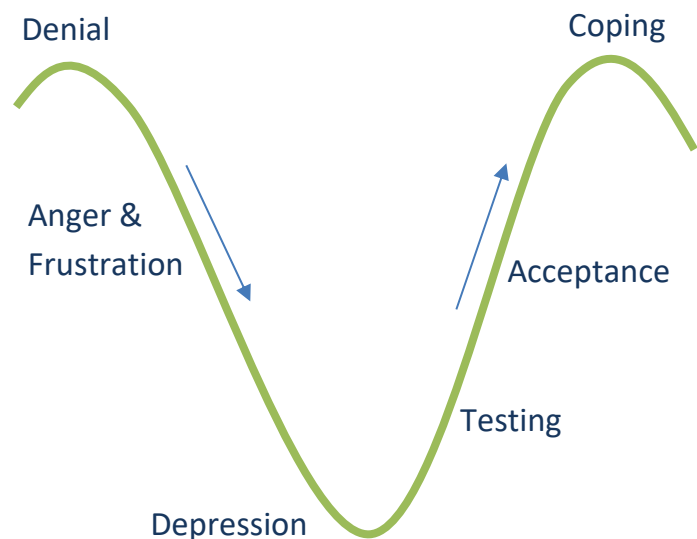
### Understanding Adjustment

When we go through a major physical injury, it can take time for our bodies and minds to get used to the changes that this brings; this is known as adjustment. Adjustment is the psychological and practical process of understanding, accepting, and adapting to changes. People experience different stages of adjustment to injury at different times and in different orders.

#### The Adjustment Curve

Sometimes when people go through big changes in their lives, it takes time to adjust.

This is the process of making sense, coming to terms with, and adapting to changes.



**Change can be ok.** It can be difficult to accept and adjust to changes following major trauma, but remember...*There is no set time for change.* Change can also include a person's normal reaction to what has happened, and their attempts at coping.



**Ask for help!** Seeking support is important for managing the adjustment process and regaining independence. It is NOT a sign of weakness.

Communicate with friends and family what you are experiencing and your needs

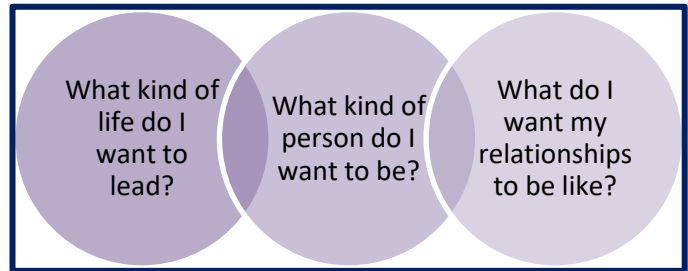
Asking for support can enable independence

Process what happened and how your life has changed.

## Values

Personal values are the aspects of your life that are most meaningful to you, but we can sometimes lose sight of them. During your adjustment process it can be helpful to think about your values, about what is really important to you – these will be individual to you, everyone values different things!

**We can never fully achieve our values – think of them more like a direction, like North on a compass!**



## Goals

If our goals are related to our personal values, this can help motivate us if things get difficult. Goal-setting is essential to achieving positive outcomes in rehabilitation – we suggest that you make your goals “SMART”:

### Specific

- Make it clear what you wish to work on

### Measurable

- Work out a way of quantifying your success

### Achievable

- Your goal should be something you can plan to achieve

### Realistic

- Practical in a way that can be attained in real life

### Time-Bound

- Helps to make the goal more focussed

Choosing a goal can help you to develop a clear, achievable plan to work towards adjusting. You may wish to write your goal here:

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If you have any questions about the Major Trauma Wellbeing Group please contact:

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