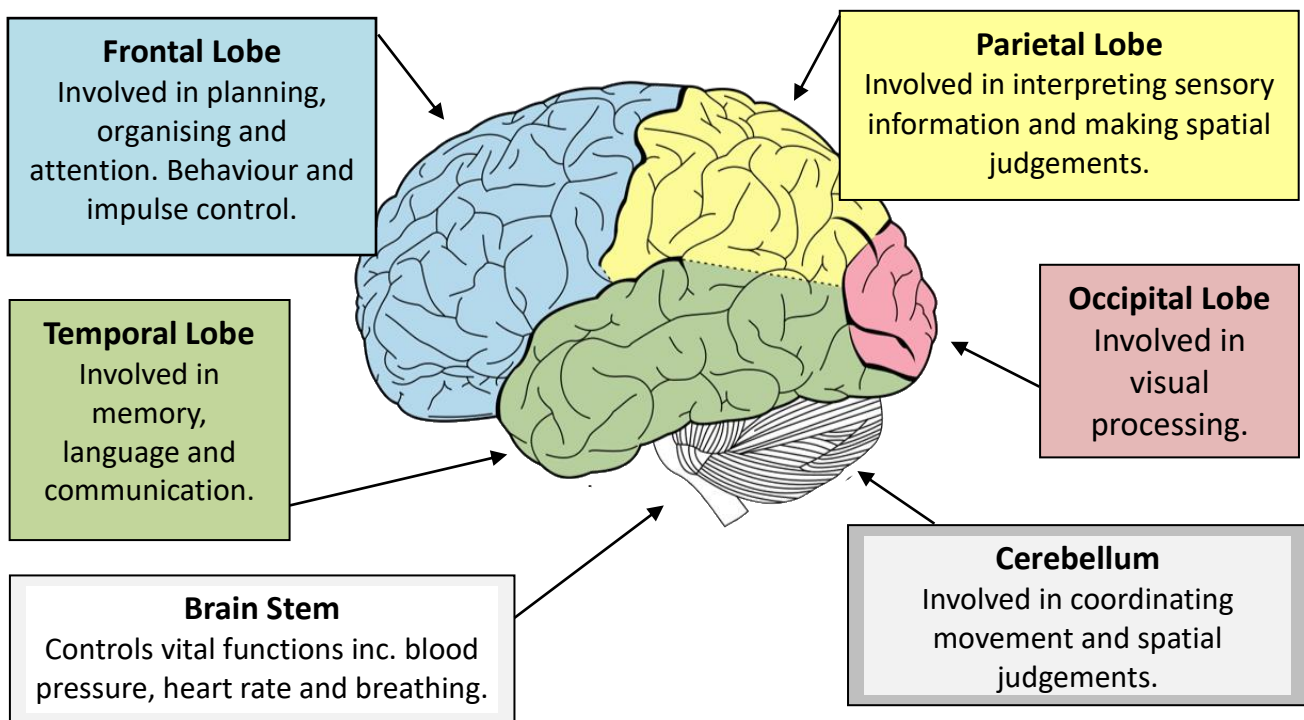


Session Summary: Healthy Brains

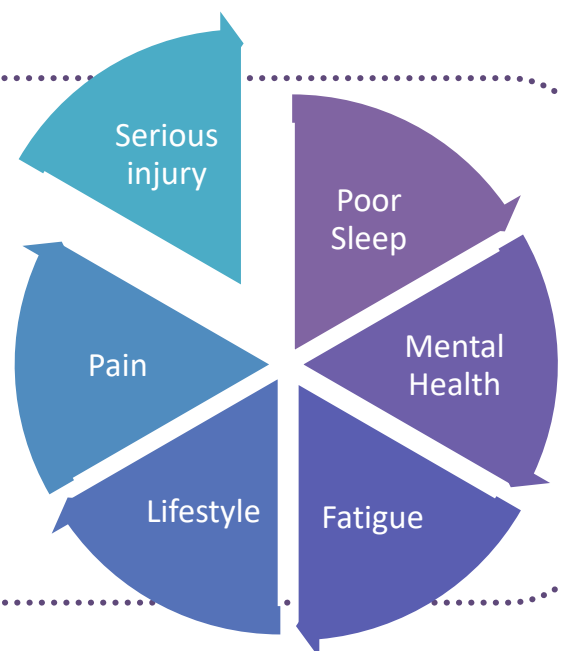
Understanding the brain

The brain is involved in everything we do! It is constantly processing information and making sense of the world around us. It is responsible for a range of functions including; memory, attention, planning, language and the managing of emotion and behaviour.



What affects your brain's performance?

Whether you have a head injury or other serious injury, you may have some difficulty remembering new information, concentrating, or thinking as clearly as you are used to. These are some things that can impact your brains ability to function at its best. Managing these areas will help your overall recovery, including your brain!



Understanding Brain Injury

Traumatic Brain injury (TBI) is caused by an injury to the head i.e. car collisions, assaults, falls and accidents at work or home.

People often experience physical, cognitive, emotional and/or behavioural changes following a brain injury. The exact difficulties experienced will depend on the type, location and severity of the injury as well as other psychological, social, and physical health factors.

How can we improve or maintain our brain health?



Top tips for a healthy brain:

- ▶ **Wearing protective gear and following health and safety guidelines:** e.g. Cycling helmet, seatbelt in vehicle, PPE at work
- ▶ **Do things you enjoy:** reduces stress and improves mood
- ▶ **Relaxing:** taking time for yourself reducing stress is important
- ▶ **Good sleep routine:** helps establish brains sleep rhythm, general recovery, energy levels, and memory processing.
- ▶ **Healthy eating:** The brain consumes around 20% of our energy – we need to fuel it! But choose good fuel – attend the healthy lifestyles session!

- ▶ **Stay hydrated:** Our brain is 75% water; dehydration can cause headaches, drowsiness, dizziness, and
- ▶ **Keeping Active:** “a healthy body is a healthy mind”
- ▶ **Keep alcohol to a minimum:** take care to keep within recommended guidelines and ask for help if needed
- ▶ **Get advice:** If you have specific cognitive difficulties it may help to speak with a Neuropsychologist about cognitive rehabilitation.

Goals

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
Acheivable	• Your goal should be something you can plan to acheive
Realistic	• Practical in a way that can be attained in real life
Time-Bound	• Helps to make the goal more focussed

My Brain Health Goal:

Choosing a goal can help you to develop a clear, achievable plan to work towards improving or maintaining your brain’s health. You may wish to write your goal here;

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

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