

## Traumatic Brain Injury Resource Bundle for American Indians

### Stay Healthy After Traumatic Brain Injury

**My name is Derek. Today's talking circle is about how to stay healthy after traumatic brain injury or TBI.**

**TBI Talking Circle**

**I am going to pass this feather to the next speaker.**

**People recovering from TBI face challenges with their physical and mental health. This includes keeping other health conditions from affecting recovery, remembering to take medication, and keeping physically and mentally fit.**

### How to Monitor Your Health and Care for Other Conditions After TBI

#### Monitor your health

**One thing that has helped is using phone apps to track my other health conditions.**

**Use tools like phone apps to set reminders and track other health conditions. A smart watch can help track heartrate, steps, and calories.**

#### Prevent and take care of other health conditions

**I found managing my diabetes also helped with my TBI recovery.**

**Stopping the symptoms of other health conditions, such as diabetes, can help TBI recovery.**

### Remember to take your medicine



**Taking medicine for other health conditions can keep them from making your TBI symptoms worse.**

### Schedule a yearly checkup



**A yearly checkup can help those who are recovering from a TBI to maintain good health. Use tools like a calendar to make sure you don't miss an appointment.**



### Stay Physically Fit After TBI

#### Eat plenty of healthy food



**While recovering, fill half your plate with fruits and veggies at every meal.**

#### Create an exercise plan



**Talk to your health care team about how much exercise is right for you! A goal should be at least 150 minutes per week, but you can start slow (ten minutes a day). Use a variety of exercises.**

## Avoid another TBI



**Another TBI can hinder a person's recovery from their first TBI. It can also make it hard to stay fit. Make sure to practice safety for all activities to avoid another TBI.**

## Sleep well

I realized how important a good night's rest is after my TBI.



## Staying Mentally Fit After a TBI

### Focus on what you are grateful for



I think about what I am grateful for each day!

Being grateful can have a positive effect on mental health. Think about what you are grateful for each day and keep track of it .

I am grateful for:

My family  
My Health  
My job  
My home  
...



Taking breaks more often has helped with my wellbeing.

### Take breaks



Having some quiet time is key to managing mental health. Even 5 minutes a day can make a difference as one recovers.

### Practice being mindful



I am learning to be more mindful.

Inhale  
1, 2, 3, 4,  
exhale,  
1, 2, 3, 4.



I am doing great today!



Mindfulness is being aware of what you are thinking and feeling in that moment without judgement. Check-in on yourself, do some calm breathing, and ask yourself how you are doing.

### Track your thoughts

I use art to track my thoughts and how I feel!



Tracking good and bad thoughts through art, journaling, and other activities can help you keep track of your mental health. It can also help you spot problems while recovering.

### Volunteer in your community



Volunteering in the community helps with my mental health.



Mental health may improve by participating in volunteer activities. Get out of the house and stay active!

### Talk to your doctor



If your mental health doesn't get better, talk to your doctor about trying medicine or therapy.

I just wanted to say that talking to a doctor really helped me when my mental health wasn't improving.

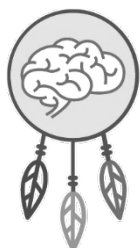
Thank you all for sharing such great ways to stay healthy after TBI!



**Source:** The content of this infocomic was adapted from the factsheet entitled Stay Healthy After Traumatic Brain Injury, which was developed by Angelle M. Sander, PhD, Monique R. Pappadis, PhD, Flora M. Hammond, MD, Simon Driver, PhD, and John Corrigan, PhD, in collaboration with the Model Systems Knowledge Translation Center (<https://msktc.org>).

**Disclaimer:** This information is not meant to replace the advice of a medical professional. You should consult your health care provider regarding specific medical concerns or treatment. The contents of the infographic were developed under a grant from the National Institute on Disability, Independent Living, and Rehabilitation Research (NIDILRR grant number 90DPKT0008). NIDILRR is a Center within the Administration for Community Living (ACL), Department of Health and Human Services (HHS). The contents of this infographic do not necessarily represent the policy of NIDILRR, ACL, or HHS, and you should not assume endorsement by the Federal Government.

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