

STRESS MANAGEMENT

A TECHNIQUE IN TEMPER CONTROL

Head Injury Factors Leading To Reduced Temper Control

- Tiredness & fatigue
- Poor Concentration
- Poor judgement and reasoning skills
- Frustration regarding lack of ability
- Heightened sensitivity to noise & other distractions

How Can Stress Management Help?

- Awareness of the symptoms before they become to prevalent (e.g. headaches, migraine)
- Difficulties with vision
- Stomach upsets / eating disorders
- Irritability
- Tiredness & fatigue

By being aware of the symptoms that are occurring in the head injured person it is possible to take some action to limit the stress

Techniques For Temper Control

- Scheduled rest periods and/or time out
- Having reasonable expectations – not too much or too little
- Allowing people to do what they can
- Be aware of the amount of stimulation that can be handled
- Creative outlets for anger (e.g. using music or dance)
- Buying crockery from a second hand store – and smashing it
- Using a punching bag
- Exercise – according to the individuals' ability (e.g. swimming, walking, gym class, Tai Chi)
- Diet – eating a sensible well balanced diet
- Relaxation techniques (including quick trips) available through Occupational Therapy (OT) Departments, Mental Health Foundation
- Hobbies – appropriate to the person's abilities
- Support Group Meetings

Carers Stress Levels

- Carers must be careful to manage their own stress and fatigue levels
- Watch for symptoms of stress
- Establish coping strategies that work for the carer.