

Loneliness after Brain Injury: Tips to Empower You

You are connected to the world: right now, you are sharing this experience of loneliness with people around the world. Remember that loneliness is a universal experience - part of being human.

You are in control: you can use the power within yourself to make positive changes to your life. You could do this by relaxing, reflecting or doing a new hobby. You can take action.

You can embrace your creativity: try to represent your experience through art and creativity and share it with others. Own your experience, take its power away, and share it with the world.

You are cared for: people care about you, like support services or friends and family (or your created family). They are already out there so reach out and let them in.

You deserve quality relationships: make building quality relationships a priority over a quantity of relationships. The bonds you have with people can help to combat loneliness. Take time to strengthen your relationships and tell yourself that you deserve this.

Your hobbies and interests are important: you care about what you enjoy. It could be anything from finding a new TV show to learning a new sport. Remember that the things that feel a little scary can help you grow.

You can express your emotions in a healthy way: practice sitting with your emotions, being present with your emotions and reflecting on and accepting your emotions. Connect to you. Journal, doodle, voice-memo and express yourself.

You can get curious about guilt and shame: try and have a conversation with them. Tell guilt and shame that you are not to blame for your feelings of loneliness. Remind yourself that it is not your fault, and that these feelings are okay.

You are unique: not following the crowd doesn't make you alone, it makes you unique. There is nothing to be ashamed of.

You are allowed to open up: opening up about how you feel is not a weakness, it is courageous.

Try sharing how you feel with someone you trust: getting honest and vulnerable creates connection.

You can create space between your feelings and social media: try to become active, not passive when using social media. What feelings arise? Are you making judgments about someone else's life or your own? Could you take a break from social media? Unfollowing or muting accounts that bring up difficult feelings, and following accounts that make you feel empowered can help with feelings of loneliness.

You can find your community: by joining a group whether based on a hobby, religion, spirituality or an interest can help you find connection. There are people out there waiting to bond with you who are just as scared to make the first move.

You can find peace in a busy world: if you are feeling disconnected to yourself try and get into nature. Whether that's noticing a houseplant, finding a little park or getting into a forest, getting into nature can help you to feel at peace with yourself.

You deserve to treat yourself: show kindness to yourself with a little gift. Whether that's buying your favorite chocolate bar, putting time aside to play video games, or dancing to your favorite song, you can be your own friend. You can be kind to yourself!

At the Brain Injury Association of Virginia, our trained experts are available to speak with you about your experience, answer your questions, and connect you with the best providers/resources for your needs. Our services are free and confidential.

To get in touch:
Call 1-800-444-6443
Visit biav.net

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