



## STRATEGIES FOR MANAGING YOUR EMOTIONS

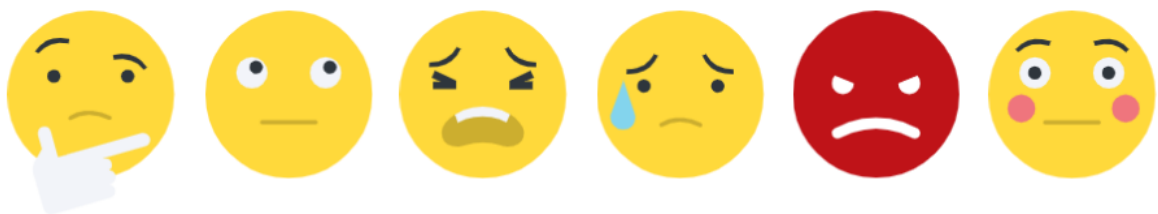
Your concussion might have changed the way you feel or express emotions.

Your emotions might feel stronger than usual or change quickly. Things that don't usually bother you might trigger a sudden emotional response.

This can be confusing! As you improve, you're likely to return to a more normal emotional balance and expression. Here are some tips that can help you in the meantime.



- **Try to be aware of changes in your emotions.** Recognize that it might be due to your concussion. Explain this to friends or family so they will be understanding if you seem to be acting differently than usual.
- **Manage your expectations.** This can be hard because you might have to miss activities you enjoy. Try to find a balance between what you need and what you want. For example, you know you need to rest, but you want to go out with your friends. Can you rest and then ask your friends to stop by for a short visit? As you get better, you can increase the time of their visits and eventually go with them. If you meet your needs first, you'll be able to do the things you want sooner.





# ONTRACK – TIP SHEET

- **Understand what you can control and what you can't.** If you feel stressed out or anxious, try to control what you can about the situation. Is the dog barking? Taking the dog for a walk might make you both feel better. Is there too much activity in your house? Try to find a quiet space to relax and listen to music. Can't focus on the book you're reading? Try reading short segments and then taking a short break to think about what you just read.

Learn more about managing your emotions:

- [Managing Your Emotional Reactions](#)
- [Helpful Vs Harmful: Ways To Manage Emotions](#)
- [How to Help Teens Manage Their Emotions and Accept Their Feelings](#)
- [Are You Stressed Out? \(For Kids And Teens\)](#)

