

# ABI: About Brain Injury

-- prepared by Sask. North Acquired Brain Injury (ABI) Services

## Dealing with Anger



ABI Services  
...serving  
individuals with  
acquired brain  
injury, their  
families and  
their  
communities

Problems with anger are common after acquired brain injury. Angry behaviour can include:

- Feeling irritable or snappy
- Having a short fuse
- Losing a temper over small things
- Throwing, breaking or damaging things
- Hitting, pinching, punching, shoving, slapping, poking, spitting
- Swearing
- Yelling
- Threatening to hurt yourself or someone else

### Why Should I Change My Anger?

Anger can be stressful for other people, it can hurt relationships, and stop you from working, studying, driving or being involved in social or leisure activities.

### What Causes My Anger?

Like other behavioural changes that can occur after brain injury, there are many causes of anger. Understanding each cause is important in deciding what to do.

Angry behaviour can be a result of:

- Changes caused by the brain injury, for example, irritability, restlessness, agitation, or aggression are common after a brain injury.
- Reduced ability to keep track of and stop angry behaviour (including irritability, temper, swearing, and aggression)
- Some people are impulsive and may not be able to think about what to say or do before doing it.
- Increased stress, physical demands, and fatigue after a brain injury can all be triggers for anger.
- Alcohol and drug use can also reduce your ability to control a range of emotions including anger.

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# Coping with Anger

Anger can sometimes be caused by other problems. Try to work out the kinds of things that make you more angry or likely to lose your temper.



Some examples of things that might make you feel irritable or angry:

- Fatigue and tiredness
- Memory difficulties
- Frustration
- Changes in thinking
- Being unable to do simple things
- Telling yourself (or thinking) that you can't control your anger
- Feeling that you cannot make your own decision
- Money worries
- Boredom
- Loss of independence with work or driving
- Living with other people you don't get along with

Try to find out what is making you feel angry or agitated – have a think about things that might **trigger** your anger, and what you can do about them.



## *Triggers for me are:*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Finding ways to **cool / calm** down may help with anger. Strategies might include:

- Relaxation or breathing exercises
- Talking about feelings and thoughts when you are calm
- Walking away
- Listening to music
- Having a shower or cold drink
- Trying a different activity or task
- Changing the topic

## *Calm down strategies:*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

When your angry behaviour has stopped, think about:

- What helped you get control or calm down
- The behavior and how it affects other people
- Consequences for you
- What you could do differently next time
- Strategies or solutions to deal with a problem

If **you** can't leave a situation and you are already angry, other people (family, friends) need to:

- leave the situation if there is any physical risk
- ignore you until you calm down (no communication or eye contact)
- sit down with you afterwards and talk about what happened to find out why you got angry, and discuss what you could do differently and what they could do differently

Family members, friends and carers may find it useful to learn about your brain injury and how to help you with your angry behavior.

Make sure you get enough sleep and rest because fatigue can be a big cause of anger problems.



Find someone to talk to about your problems with anger: You could learn some strategies to manage anger from:

- friends or family
- your doctor
- psychologist or other counsellors
- psychiatrists
- brain injury services

**Who I would like to talk to about anger:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

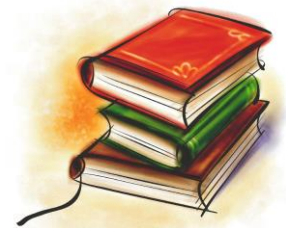
Reference: abios (Acquired Brain Injury Outreach Service) ©The State of Queensland (Queensland Health) 2011 1 Acquired Brain Injury Outreach Service PO Box 6053 Buranda 4102 <http://www.health.qld.gov.au/abios/>



# ABI Services Library

We also have a large collection of reference books, activity guides, and easy to read books available for survivors, family members & professionals to borrow.

We have an online searchable list of all the resources in our collection. Check out: [www.librarything.com/catalog/ABIServices](http://www.librarything.com/catalog/ABIServices)



To borrow resources from this collection, contact: **Lisa Chambers** phone 306-765-6629 email: [lchambers@paphr.sk.ca](mailto:lchambers@paphr.sk.ca)

Additional resources are also available on the provincial website at <http://www.abipartnership.sk.ca/index.cfm>

# Sask North Acquired Brain Injury (ABI) Services

## Who We Are

Sask North Acquired Brain Injury (ABI) Services is a group of programs that assist individuals, families and communities affected by an acquired brain injury

We are a part of the Acquired Brain Injury Partnership Project that is managed by Sask Health and funded by Saskatchewan Government Insurance (SGI).

Our programs include:

- Sask North ABI Outreach Team
- Sask North Independent Living Program
- Sask North Education and Prevention Program

## Who We Can Help

To qualify for services clients must meet the following eligibility criteria:

- Have a diagnosis of moderate to severe acquired brain injury supported by medical records and be medically stable.
- Be a resident of Saskatchewan or eligible for Saskatchewan Health coverage.
- Are open to working cooperatively on goal-directed rehabilitation with ABI and other service providers.
- Community agencies, caregivers, employers, families and schools who require resources and support are eligible as well.

\*\*Individuals are prioritized for services based on time since injury with priority given to those whose injury occurred in the past (3) years.

\*\*Individuals who have a congenital brain injury or one that is a result of a progressive condition will not be considered.

## What We Do

### Sask North ABI Outreach Team

- Case management: helping develop client-driven goals, coordinating health services, providing referrals and planning a return to work or school.
- Consultation: Providing information to others regarding specific client care.
- Brain injury education
- Adult & children's camps

### Sask North Independent Living Program

- Activities of daily living: helping individuals become more independent through short-term interventions.
- Assistance to find housing.
- Therapeutic recreation and Leisure services.
- Vocational: exploring work or volunteer opportunities.

### Sask North Education and Prevention Program

- Prevention Activities: Prevent Alcohol & Risk-related Trauma in Youth (PARTY) Program, No Regrets Program, Brain Walk, safety resource kits, ATV, snowmobile & traffic safety, bike safety, child car seat clinics and fall prevention.
- Mild brain injury education.



***Our mission is to provide individual and family support to people with ABI so that they may live successfully in their communities with improved quality of life.***



## Sask. North Acquired Brain Injury (ABI) Services

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Prince Albert, SK  
S6V 5K1

PHONE:  
306-765-6630

TOLL FREE:  
1-866-899-9951

FAX:  
306-765-6657

### Coffee Talk

Join us for a morning of good conversation, sharing, learning, and lots of laughs.

- **Mondays** (except for stat holidays)
- **10:30 – noon**
- **South Hill Mall – Community Room**  
behind Easy Home – East Mall Entrance)



***Drop in for all or portion of this weekly group.  
Free program. Refreshments served***

If lack of transportation is preventing you from attending, please contact Nicole at 765-6480 for assistance.

### Introduction to ABI

#### Online Series

Available online at [www.abipartnership.sk.ca](http://www.abipartnership.sk.ca)

Designed to provide basic level knowledge about the effects of brain injury and strategies to help recovery.

Many other resources also available on this website.

### ABI Drop-In Program

*Join us for an afternoon of cards, games and fun*

- Wednesdays
- 1:30 to 3:30pm
- **Minto Bowl & Rec Centre (lounge area)**  
**210 – 13<sup>th</sup> Street East, Prince Albert**

***Coffee will be supplied.  
The program is free.***

If lack of transportation is preventing you from attending, please contact Nicole at 765-6480 for assistance.

## Local Brain Injury Support Groups

**Tisdale** – Contact: Shelley (306) 873-5420 or Andrea (306) 873-5617

