

Nearly every day there seems to be a new headline about healthy dieting, tips to living an active lifestyle, or ways to lower stress. Struggles to leading a healthy lifestyle are often greater for people with TBI as there are many things that affect the ability to live a healthy lifestyle such as mobility impairment, memory deficits, poor sleep, hormone changes, and stress.

## The Healthy Lifestyle Recipe

The things that help you lead a healthy lifestyle after your TBI are often the same for people without a TBI. A few important things for you to think about after your TBI include:

**Healthy Eating:** If you have memory problems, setting reminders or asking a loved one can help you know when to eat during the day. Taste and smell can also change and affect what foods taste good.

**Physical Activity:** It's important to work with your doctor or physical therapist to find safe methods of exercise. Being active five days a week for about 30 minutes should be your goal, but it is important to start at a slow, steady, and SAFE pace.

**Sleep:** Nearly 60% of people with TBI experience difficulties with sleep. You should talk to your doctor if sleep is a problem. Try avoiding caffeine or napping for more than 20 minutes during the day, and have a routine each night before going to bed.

**Stress:** Managing stress can be difficult after TBI for you and your loved ones as injury can affect the entire family. Being open about your stress with those around you and speaking to a therapist or psychologist is helpful.

**Socialization and Engagement:** If you engage in the community and socialize with people you will be happier, less likely to be overweight, and have higher quality of life. Support groups are a great way for you to engage with people with similar injuries and can also help with managing stress.

**Substance Use:** Substance use after your TBI can affect recovery and increase the risk of having another brain injury. Avoiding alcohol and drugs is very important to leading a healthy lifestyle.

**Interested in losing weight? Want to get more active? Need help eating more healthy food?**

Researchers at Baylor Scott & White Institute for Rehabilitation and UT Southwestern have changed a weight-loss program, called the Group Lifestyle Balance™, to meet the needs of people with TBI. If you are interested in finding out more about the program, please contact

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