



Resources for people with brain injury and caregivers

Anger and irritation after brain injury



Anger and irritation after a brain injury are common. Those emotions can be difficult to control, leading to trouble in relationships or at work. Researchers are learning new ways to identify and lessen those feelings. Indiana University and BrainLine have partnered to create resources that provide information and support for those with brain injury and their families. We are offering:

Print Materials

Handouts with information and suggested strategies. For example:

- Five factors that lead to irritability and how to avoid them

Video Interviews

Video interviews with people with brain injury and with leading experts sharing the latest research in the field. Experts include:

- Flora Hammond, MD, Physical Medicine and Rehabilitation
- Dawn Neumann, PhD, Cognitive Psychology and Rehabilitation Science
- Samantha Backhaus, PhD, Clinical Neuropsychology

User Questions

Expert answers to questions submitted by the BrainLine audience. For example:

- Sometimes I get so angry I can't even speak. How can I control my anger when my brain reacts like that?

Articles

A collection of authoritative and research-based materials. For example:

- *Miscommunication in Couples after Brain Injury* by Dawn Neumann, PhD

Please share these free resources with the people you serve!

For more information, visit [Brainline.org/brain-injury-and-anger](https://brainline.org/brain-injury-and-anger) or email us: info@brainline.org