

A little bit about me

Hello, on the 1st June 2013 I suffered a Traumatic Brain Injury, this has changed my life forever, in some ways for the better but the majority is for the worse.

I am determined not to let this beat me, I have just managed to accept it now, I am learning who I am and building a new pathway, I have days where I'm stuck at the crossroads not knowing which way to turn, days where thoughts in my head cause confusion and also days that are a blur but hey ho, I'm here right!!

I started my poetry when asked to write a thoughts diary, I felt pressure and could not cope but needed my thoughts to disappear and clear my brain, I find it helps me a lot.

I hope this may provide encouragement for others to write, which will help them to clear and understand their thoughts and feelings but most importantly to know that they're not alone on this journey.

Thank you for taking the time to read my poems.

Take care

Helen

xx

Introduction

*I would like to introduce myself, Helen, 42,
A survivor, fighter and sufferer too.
Please read my poetry so I can help/learn,
Other individuals who sometimes want to quit, give up & burn.
I am on my seventh year and still find it hard,
Each day is another and most I feel retard.
The judgers, the evil, the quizzers and stares,
If only they knew, but nobody cares.
Friends will have walked, you're not good enough now,
Users and fake but you're the nasty cow.
Accusations, opinions, but let them flow,
Concentrate on yourself and let your new pathway grow.
Acceptance is the key, until then you will struggle,
There'll be good days and bad but just learn how to juggle.*

Enjoy my poems

Helen

XX

Who am I?

*First thing I remember is Dr Low interrupting me,
I was watching Burghley Horse Trials in bed on tv.*

*My curtains shut tight to keep me in the dark,
All I could hear were voices and the odd bark.*

*Dr Low always smiled and I felt he did care,
I needed "me" back, perhaps he would help get me there.*

*Why no help? I felt all alone,
people came and went, I was boring, all I did was moan and groan.*

*Where's Helen gone I used to think,
I wished it could all be over in a blink.*

*My son, Finn would look after his mum while I lay,
Feelings of cuddles and love for me will always stay.*

*Suicidal thoughts would try and make me lose,
Game playing is not me and that way I would not choose.*

*I needed to find Helen, the girl I once knew,
Perhaps she'll find me, I will wait and in time she may shine through.*

*Months went by with Helen still gone,
Still don't know who I am, by now thought she would have shone.*

*Thoughts and feelings change every day,
All I would like is Helen back, I'm determined to find a way.*

*I feel all alone, I can do this I'd say,
Where is the help just to find my pathway?*

*I will do it alone just help me start,
Surely someone knows how to lift me out of this clart.*

You look ok

*Life would ease showing scars or lacking movement or limbs,
I wouldn't be judged doing my hobbies or attending gyms.
People are cruel and can be dangerous at times,
They make up stories in their head creating riddles and rhymes.
When they see you, they're fake and pretend to be nice,
By saying oooooo you look ok, I had to look twice!
Of course, that means I'm all fixed, they'll be right!
If only they knew the pain out of sight.
When people say, you look ok, don't take it to heart,
Just lets comments blow away and not tear you apart.
Sometimes the genuine ones are unsure what to say,
But they mean really well and they cope their own way.
Just stay away from gossips and ones wishing to know your life,
They don't care and only live for others' trouble and strife.
Maybe you do look on top of the world and ok,
Take it as a positive and be grateful each day,
Only you know your pain, live life as you can,
Things can be made a lot a better if you make a daily plan.
Routine helps and is always a start,
Begin a long journey to rebuild the missing part.
Let the new pathway begin, but remember to plan,
Follow your dreams and keep going, take your time if you can.*

You don't understand

*Everyone's different and each day is another,
I am a daughter, a sister, a partner and mother.*

*On a morning I make a plan of my day,
I have appointments or visits prebooked but not always the way.*

*I have found that no matter how hard you try,
Others understanding is rare so please don't expect high.*

*It upset me so much to begin with and even now,
I don't understand why I am treated different somehow.*

*People don't talk and I feel leave me out,
I have realised it's not worth crying about.*

*I offered books and advice to the ones close to help learn,
I even read them myself so I knew where to turn.*

*Don't beat yourself up over somebody's choice,
They were given a chance and also have their own voice.*

*A good friend once said "If you're left to your own device,
Then go for it kidder and roll your own dice."*

*I felt I should do that and seek help by myself,
I am determined not to be stuck up there on a shelf.*

*I will understand and that's all that matters,
I will not let myself be torn into shatters.*

Build a new pathway

A lovely Locum at the hospital one day,
Said I needed to start building a new pathway.
I didn't understand so he explained with a drawing,
My mind was all puzzled but my imagination was soaring.
I will always be grateful to this inspiring man,
And will never forget his idea and still stick to his plan.
From that day forward my new pathway has grown,
It confuses me sometimes, it's all about the unknown.
I have good days and bad but that is the norm,
If I stay on my pathway then I stay in good form.
Sometimes I reach crossroads, don't know which way to turn,
Straight on is the way and it's that I need to learn.
Sometimes I'm off track and bear to the left or the right,
One day I am sure they'll disappear out of sight.
I will keep moving forward along my pathway,
I can't wait until the end; I really pray for that day.
All this help I receive is by talking and one sketch,
Who knows how things happen and what each day will fetch?
My illness and hospital helped me this day,
By meeting this Doc who explained my amazing new pathway.

Trust

*When something bad happens, you may lose all your trust,
It is so hard to rebuild, a bit like a car covered in rust!
Paranoia kicks in and you start overthinking,
This can send you to tears and your heart just starts shrinking.
Why should you care after so many lies?
The ones who you trusted have made you more wise.
You learn by mistakes but now I am stronger,
I won't let the past beat me for much longer.
I have help from the pros and of course family and friends,
They are my heroes and I know their care never ends.
They have been with me right through all bad times and good,
And made me realise that maybe no trust is out the wood.
All will take time but one thing I've realised,
There are good humans around and to that I'm surprised!
Please don't listen to others, always work things out on your own,
Some things said are not true and can lead to the trust blown.*

Headway

*I was wandering round an auction one day,
Most likely viewing animals, I'd say!
When making my way to the toilet via a main hall,
I saw three lovely ladies stood round a stall.
I couldn't help but notice a handmade wood drawer set,
Exactly what I needed for my shed and thought, I must get!
The ladies were lovely, we were chatting about our day,
They were raising funds for a charity called Headway.
It is funny how things happen, this was meant to be,
It was the start of my help and a new family.
It took me a while to build up the courage to go,
How could I enter a building full of people I don't know?
Would the ladies I met be there if I attend?
Or would I just look an idiot and accept I won't mend?
I felt so alone, maybe if I did enter the door,
I would meet new friends; life would change, no longer would it feel like a
war.
Headway improves life after brain injury,
Finally, I found advice and support to help me.
I now have the most amazing people in my life,
I can't thank you all enough, you got me out my strife.
We share laughter and tears with whatever life throws,
Your friendship is what matters, important things in life grows.*

No such word as can't

When I was younger, adults used to say,
It'll all end in tears or Back in my day!
They would come out with sayings that I didn't understand,
I just used to think it was them giving a demand.
Do as I say, not as I do and If your mate jumped off a cliff, would you?
I could go on forever, are these false? No, they aren't,
A certain one is true and that is, there is no such word as can't.
As I grow older, I repeat these to my son,
I hope he takes them on board like I've obviously done,
They actually make sense in their own special way,
Sometimes I often wish I was back in my day!
You will get What if's and Should I's a lot of the time,
And also, thoughts of wanting to be back in your prime.
Back to your hobbies and things you loved to do,
But now is so different, I am useless, but is this true?
Don't bring yourself down and think all is bad,
I understand that's easy too when you lose all that you had.
Believe me when I say, give it a try,
You may surprise yourself not giving up and this is why,
Things are a bit harder now, accept it and plan,
Just remember one thing, change from I can't to I can.

Acceptance

*My life is now different, I hate all this change,
I've got so much stuff I need to rearrange.
It's hard to wake up knowing the day,
I won't talk to many people now as I don't know what to say.
It's easy to stay quiet and behind the closed door,
Apart from my walks where I can explore.
I like being alone, there's no hassle at all,
Being involved in drama and chaos, makes my recovery hit a brick wall.
I am blamed for everything but hang on why?
Sometimes individuals find it hard holding their hands high.
It's time to get rid of this paranoid soul,
Maybe accepting things now should be my new goal.
I should hold my head high, this is so I'm told,
Start venturing out, build confidence and leave all the old.
It takes a lot of courage to reach out and be brave,
This new me was failing, I need help to get me out of my cave.
List after list of writing the new me down,
Encouraged me to learn the way things will be, as I write with a frown!
I won't give up now and will continue to grow,
Acceptance is the key, once you are there then you'll know.*

It's the little things

*Life has changed now and you see things a different way,
I live by wants and needs and I'm thankful for every day.
I used to have lots of wants as I could afford to buy them then,
All I did was work to earn money for our old life, but never again.
Money is very dangerous, it can rule a person's way,
Yes, it's nice to have but there are nicer things I'd say.
Like learning who you are and appreciating life,
Being around people where positive and happiness are rife.
Don't pressurise yourself to keep other people happy,
True friends will be there for you, even if you're feeling crappy.
The best things in life are all free,
Adventures outdoors and visiting friends and family.
It costs nothing to appreciate what you've got and means a lot to you,
Everything else is just a choice, let others choose theirs too.
Everybody is so different, don't worry about their ways,
It's important to make your plans and how you go about your days.
Nobody knows each day when waking up and even what it brings,
Just remember all that matters in life is all the little things.*

In the now

*I think it's safe for me to say,
Bad thoughts from the past hit me each day.
It's a difficult one to get out of your head,
Also very important that it is put to bed.
Talking does help and journals do too,
These get it off your chest, but the blighter comes back shining through.
I found that my Doctors now don't understand, the blame goes to you,
They try just giving tablets, instead of fixing the issue.
The most help I needed was around five years post-accident,
The problem is people assume and think all injuries have went.
If only they knew, to me it's the beginning of a fight,
I am now ready to start learning life again and also what's wrong and right.
Becoming a recluse is the best way forward, least that way I have no trouble,
Saves venturing out in public where all my worries then double.
Go it alone, talk to people who understand and know,
Keeps the judgers away and also gives you plenty of time to grow.
Hold your head high when needing to go out and keep it little as poss,
After all your life is about to restart, you've got this, you are the boss!
Write everything down, keep diaries and notes,
Once you get into routine then everything else just floats.
Concentrate on this, it really works, just don't ask me how,
It's all about learning the new life and living in the now.*

Goodbye help

*Don't feel alone if your help is no longer,
I can give you a positive, by heck you'll grow stronger!
When five years had gone since my accident took place,
I felt I had no one, I was lost in outer space.
The time when you need specialist help more than before,
You just feel dropped, pushed aside and very sad to the core.
People think you're better because time has passed by,
This is so untrue; I will tell you why.
At the beginning you know nothing, all is just one great big blur,
You pretend you're ok to get back to how things were.
You believe everything you're told, after all you are lost.
You don't know who you are, your whole life has been tossed.
Forget all the voices from the ones who think they know best,
Gather up all their comments, say goodbye, lay them to rest.
They can be dangerous and lead you to a nasty dark place,
It's time to forget them and for you to embrace.
You've learnt a lot, you're unique, you're still here and you're brave,
Start thanking the brain injury, you're rid of the bad wave.
Enjoy the new pathway, start your fresh new life as you,
Be forever grateful and use this to help others too.
Forget the false past, just let it be,
It's my time to shine, living my life being me.*