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[Five Strategies for Finding Peace in the Turbulence of Caregiving](#). As a caregiver for her husband with traumatic brain injury (TBI), Rosemary Rawlins shares insights garnered through her own experiences along with insights from other caregivers and family members in her blog, Learning by Accident, on BrainLine. In this blog post, Rosemary shares five strategies to help you — the caregiver — rest, relax and recharge while caring for someone you love with TBI.

The human brain takes a long time to heal after trauma, and so it follows that caring for a loved one with brain injury can feel like an eternity. On top of that, outcomes from traumatic brain injury are largely unpredictable. Odd symptoms come and go, personalities, roles, and relationships change, and stress can mount with each passing day. How can a caregiver tap into a sense of peace along the way? Here are a few strategies that worked for me, when I had the sense and presence of mind to use them!

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