



"Everybody is a genius. But If you judge a fish by its ability to climb a tree, It will live its whole life believing that it is stupid" Albert Einstein

You are a Gift to Your World!

"If you feel like you don't fit into the world you inherited it is because you were born to help create a new one." Ross Caligiuri

"Be the change that you wish to see in the world." Mahatma Gandhi

"Don't quit. Never give up trying to build the world you can see, even if others can't see it. Listen to your drum and your drum only. It's the one that makes the sweetest sound." Simon Sinek

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Understanding the Impact of Invisible Disabilities “Acceptance and Discovering a New Normal” Part 2 Zoom Presentation

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“Discovering a New Normal after Experiencing a Brain Injury”

What I shared with a professional working with people living with brain injuries when asked about the term “new normal”

We are Not Our Brain Injuries – They Do Not Define Us

A New Normal

I believe that life is likened to being on a train. The train runs down what I envision as the track of life.

Along the track, I come to various places that look familiar to me.

And then the day came when I experienced a brain injury.

A Switch Pulled

On that day, unbeknownst to me, a “switch” was pulled and my life headed down a different track of the railroad. The railroad of my life.

The track that once looked familiar no longer looks familiar to me.

Although being switched to a different track wasn’t my choice,

I now find my life traveling in a different direction.

Accepting Something Does Not Mean I Like “IT”

To be able to accept my “new normal” after my brain Injury I discovered that I needed to grieve that I was no longer on the same “**track**”.

What I found was that I needed to confront what I could not do (my denial).

In my experience, I had to move through the stages of grieving (denial, anger, bargaining, depression and acceptance) to be able to begin the “re-birthing” process.

Brain Injury, Re-birth and New Normal

Re-birthing, re-framing and seeing my life’s experience in a new way after my brain injury

Re-birth in place of the term “a new normal”. I used the term “re-birth” to illustrate the need to own our power.

Own our Power after Experiencing a Brain Injury.

“Re-Birth”

I shared the term “rebirth” with him because I believe new opportunities exist apart from the “old me”.

By framing my experience as a “rebirth” I am able to start fresh. I am able to start with a “clean slate” or a clean “canvas”.

I am able to “create in ways that work for me. Create in ways that work for me instead of being distracted.

Owning Our Power

Owning my power instead of feeling like I had been “cheated” out of something because of my brain Injury.

Not “Why Me” but “Why not Me”

Why not me gets me out of a mindset of merely being a “**survivor**” to accepting “what is” to be a “**THRIVOR**” in my life.

To THRIVE in my Life, instead of surviving in my Life.

“What Is”

Through owning my power, I am able to move forward with my life, instead of being stuck by comparing the “old me” with the “new” me.

By re-framing (looking at “what is” instead of looking at “what isn’t”) I gain hope.

Instead of comparing the “old me” with the “new me”, I am able to see my experience “what is” as an opportunity to create anew.

By owning my power and accepting what no longer “works” for me (after my brain injury) I no longer have to see myself as limited.

Limited by what No Longer works for me

Moving Forward with my Life after a Brain Injury

By re-framing, my experience and letting go of what cannot be changed I am able to move forward with my life.

Through seeing my experience as a “re-birthing” I am able to create with “what is”, instead of looking back to “what could have been”.

By building on “what is” I am able to create my dreams in ways that work for me.

“When one door of happiness closes, another opens; but often we look so long at the closed door that we do not see the one which has been opened for us.” Helen Keller

“If you advance confidently in the direction of your dreams and endeavor to live the life that you have imagined... You will meet with a success unexpected in common hours.”

Henry David Thoreau

Strategies that Have Helped Me in my Re-birthing Process

(Discovering my New Normal) after my Brain Injury

Through my recovery process, I became aware that I am much more than my brain injury. I am made up of a **mind, body, soul, spirit, and emotions.**

With this realization, I became aware that I needed to include my mind, body, spirit, soul, and emotions in my ongoing brain injury recovery process.

By examining how to involve my mind, body, spirit, soul, and, emotions in my ongoing brain injury recovery process I developed strategies.

Strategies for Discovering Our New Normal after a Brain Injury

Strategies that have Given me the Ability to Own My Power in my Ongoing Brain Injury Recovery Process

What Makes Me Who I Am in My Life

Mind – Growing in wisdom and understanding of how to relate to ourselves, other people and the world around us.

How We Learn — Understanding ourselves and how we learn after our brain injury. How we learned before our brain injury may now be different. As a result, we may find ourselves frustrated with learning. Consequently, the way people (teachers) may be trying to teach us may not be the way we learn.

Get tested to determine how you now learn.

Visually, Auditorily, Kinesthetically or a combination of these learning styles.

Body – Using the principles of neuroplasticity to improve your hand-eye coordination, balance, body awareness, coordination, focus, and agility. Create new neural pathways and brain reorganization through repetitive mirrored movements using both the dominant and non-dominant sides of our bodies.

Connections

Spirit – My connection to God. My connection to myself. The importance of making peace with God so that I can learn to trust Him and His guidance. The importance of making peace with my past is so that my past does not spoil my present.

Soul – Growing in knowledge and wisdom of how to accomplish what I discovered through my process of acceptance. Learning to use my gifts, talents as I tap into my ability to live my purpose through my being.

Emotions – Learning how to talk, trust and feel with safe people. The power of identification. Coming out of the shadows of isolation and breaking free from feelings of alienation.

Give Yourself Permission

Give yourself permission to look at your life and your experience in a new way. In a way that empowers your process.

Begin to “paint” (if you have not already begun) on the canvas with your gifts, talents, and abilities in ways that work for you.

Begin to build on your lot in life (if you have not already begun to build) and don’t compare your lot to anyone else’s lot.

“Regardless of your lot in life, you can build something beautiful on it.” Zig Ziglar

Brain Injury “Re-Birthing” is an Ongoing Process

Develop an Ongoing Recovery Process Strategy

Develop an ongoing recovery strategy to include your body, soul, spirit, mind, and emotions in your ongoing recovery process.

To Own Your Power

Below is a link to several tools that have helped me to own my power in my ongoing “re-birthing” brain Injury recovery process.

You may find these tools to be helpful in the process of owning your power.

Click on the link to open these resources.

[**Second Chance to Live Resources for Re-birthing**](#)

