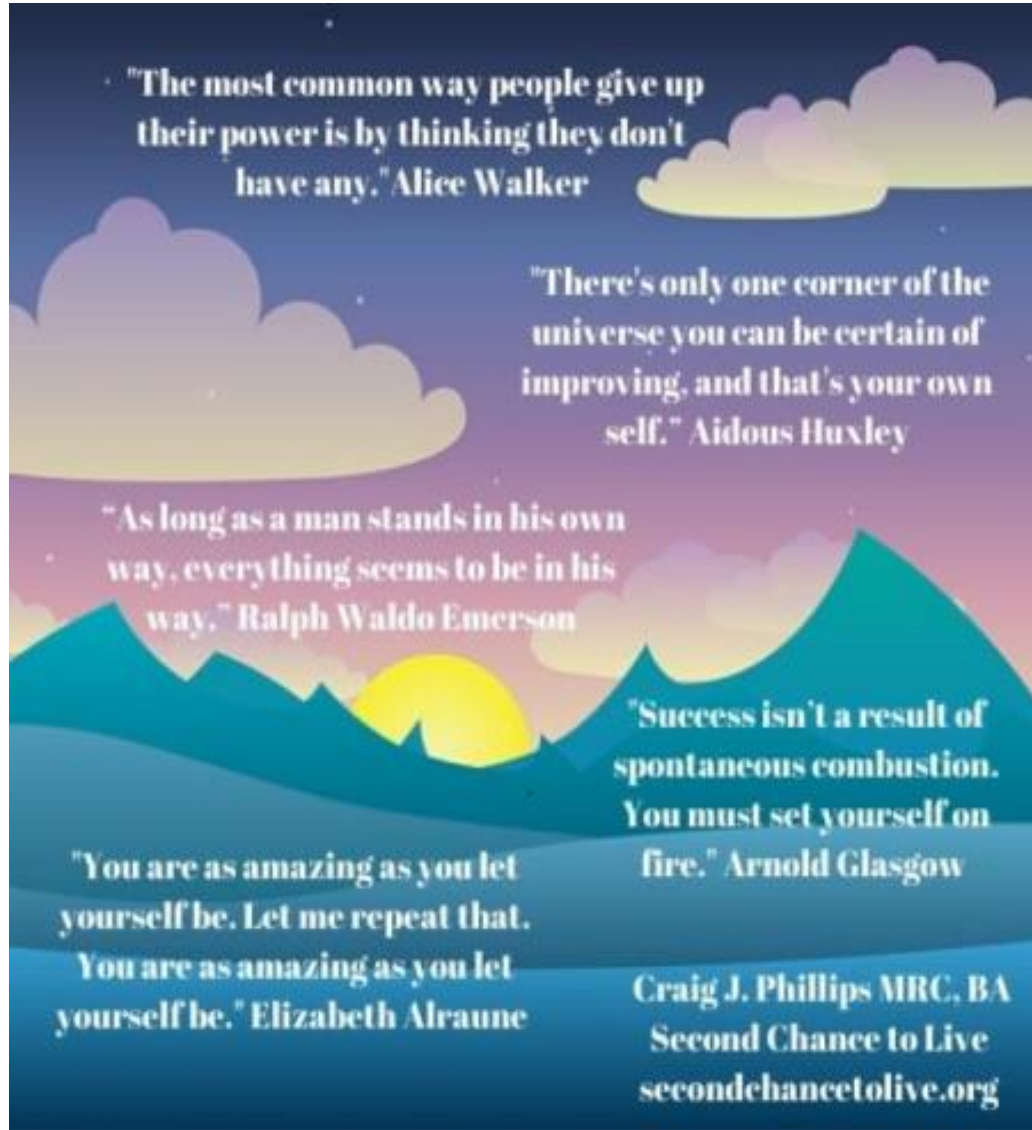


# Owning Our Power after Brain Injury and Stroke Power Point Presentation



**My Background**

**Accident**

**Education**

**Employment**

**Department of Vocational Rehabilitation**

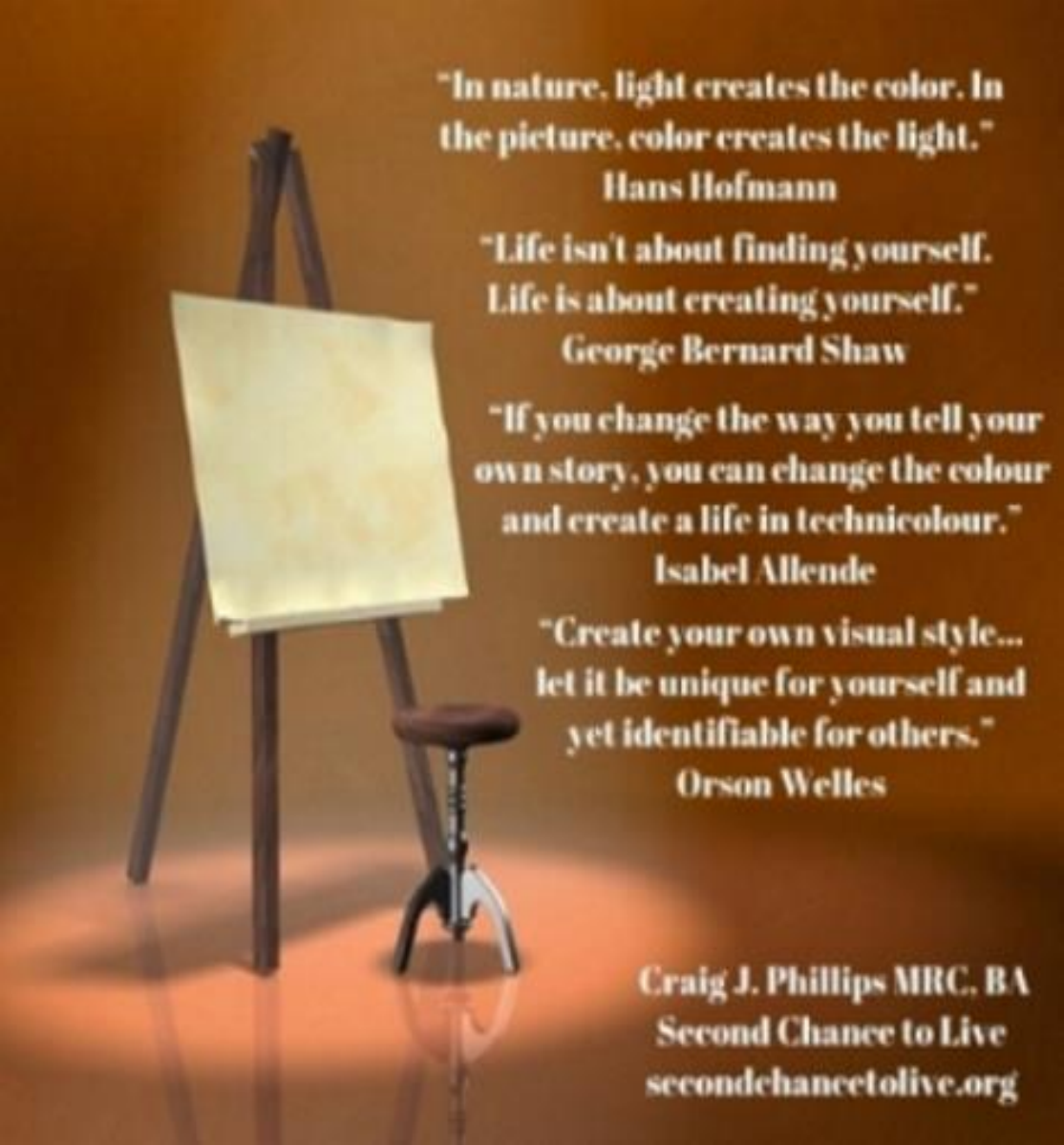
**Social Security Disability Insurance**

**Grieving What I Could not Change**

**Second Chance to Live**

**[Bio information for Craig J. Phillips](#)**

## We are Not a Diagnosis or a Prognosis



"In nature, light creates the color. In the picture, color creates the light."

Hans Hofmann

"Life isn't about finding yourself. Life is about creating yourself."

George Bernard Shaw

"If you change the way you tell your own story, you can change the colour and create a life in technicolour."

Isabel Allende

"Create your own visual style... let it be unique for yourself and yet identifiable for others."

Orson Welles

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**Not what Someone says I Can or Can Not Accomplish with my Life**

**"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 that has been opened for us."**

**Helen Keller**

**"I have not failed. I've just for 10,000 ways that won't work."**

**Thomas Edison**

# Not a Label, Stereotype of Stigmatization

**If Nothing Changes, "It" Remains the Same. Doing the Same Thing  
Over and Over Again, Expecting Different Results...**

**When I Become Sick and Tired of Being  
Sick and Tired, I Become Willing to...**



**Adapt, Adjust, Apply**  
**"Hold fast to dreams, for if dreams die, life is a broken-winged bird that cannot fly."**  
**Langston Hughes**

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**Not what Someone Tells me I Should  
believe About Myself**

**"Research your own experience.  
Absorb what is useful. Reject what is  
useless and add specifically your own  
creation."**

**Bruce Lee**

**"Believe in yourself, go after your  
dreams and don't let anyone put you  
in a box."**

**Daya**

# I am Not My Brain Injury or Stroke

**“Ideas do not always come in a flash but by diligent trial-and-error experiments that take time and thought.” Charles K. Kao**

**“Time stays long enough for anyone who will use it.” Leonardo da Vinci**

**“Nothing is a waste of time if you use the experience wisely.” Auguste Rodin**

**“Carpe diem. Seize the day, boys. Make your lives extraordinary.” Robin Williams**

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## **Our Brain Injury was Merely and Event, Not an Identification**

**“Purpose is about a process and a journey, not a destination. I can not know until I know, and knowing just takes what it takes. There are no silver bullets or magic portions. By accepting that reality I am given the gift of knowing by not giving up. I am given the gift of knowing by trusting the process a loving God and myself.”**

**Craig J. Phillips MRC, BA**

# Seeing My Brain Injury and Stroke through a Different Lens

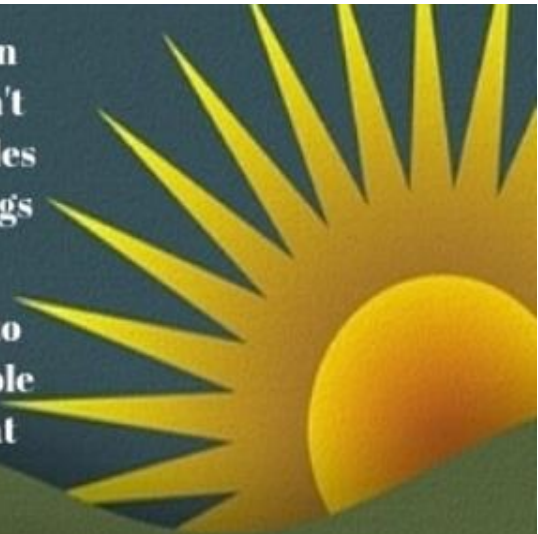
**"Never quit believing that you can develop in life. Never give up. Don't deny the inward spirit that provides the drive to accomplish great things in life." Jon Huntsman, Sr.**

**"Keep away from people who try to belittle your ambitions. Small people always do that, but the really great make you feel that you, too, can become great." Mark Twain**

**"Formulate and stamp indelibly on your mind a mental picture of yourself as succeeding. Hold this picture tenaciously. Never permit it to fade. Your mind will seek to develop the picture... Do not build up obstacles in your imagination." Norman Vincent Peale**

**"You were born to win, but to be a winner, you must plan to win, prepare to win, and expect to win." Zig Ziglar**

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**"Why Not Me?" instead of "Why Me?"**

**"What Is." instead of "What is Not."**

**"It is not as important what happened or happens to me, but how I respond to what happened or happens to me."**

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**"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**

# Need to Remember that Brain Injury Recovery is an Ongoing Process

"Believe in yourself, and the rest will fall into place. Have faith in your own abilities, work hard, and there is nothing you cannot accomplish." Brad Henry

"Ability is what you're capable of doing. Motivation determines what you do. Attitude determines how well you do it." Lou Holtz

Quality

"Discipline is the refining fire by which talent becomes ability."

Roy L. Smith

"Success is where preparation and opportunity meet."

Bobby Unser



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**Activities of Daily Living**  
**One Skill and One Skill Set at a Time**  
**Involving the Whole Person**  
**Body, Soul, Spirit, Mind and Emotions**  
**“Regardless of your lot in life you can build something beautiful on it.”**

**Zig Ziglar**

**“It is not that I am so smart it is just that I stay with problems longer.”**

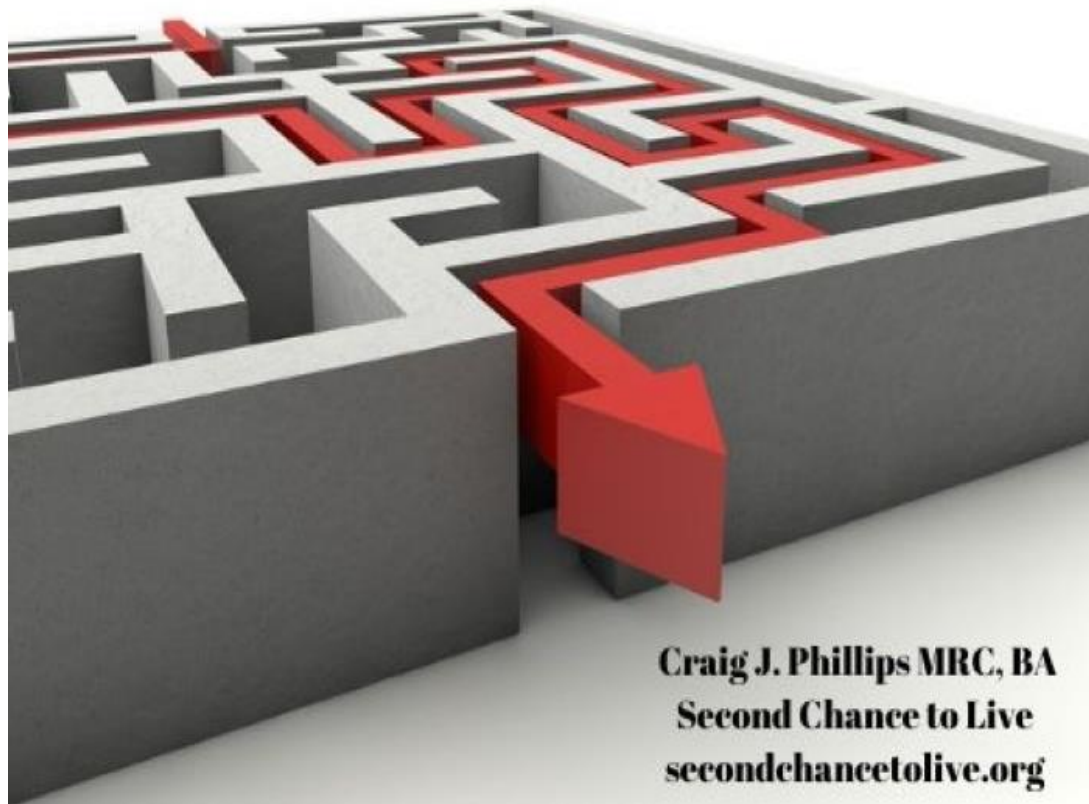
**Albert Einstein**

# Restoring the Brain and Body through the Principle of Neuroplasticity

**Although You May Feel Stuck at Times, Don't Give Up**

**Keep Searching and You will Find Your Way**

**A Way That will Guide You to Your Dreams**



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**Creating New Neural Pathways and  
Brain Reorganization**

**Through Repetitive Mirrored  
Movement on Both the Affected and  
non-Affected Side of Our Body**

**A Bazillion Times**

**“Success is where preparation and  
opportunity meet.”**

**Bobby Unser**

**“Discipline is the bridge between  
goals and accomplishments.”**

**Jim Rohn**

# Activities of Daily Living to Empower Our Lives and Well-Being

**We Have Already Found Our  
Four-Leaf Clover, because...**



**"It is not as important what  
happens to us, but how we  
respond to what happen to us."**

**Craig J. Phillips MRC, BA**

**And as we respond to what  
happens to us, a door to  
possibilities opens...**

**and in the process, we  
can create our own luck**

**one skill and one  
skill set at a time.**

**By not giving up on  
the process, a loving  
God or ourselves.**

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**One Skill and One Skill Set at a  
Time**

**Not Judging Our Efforts**

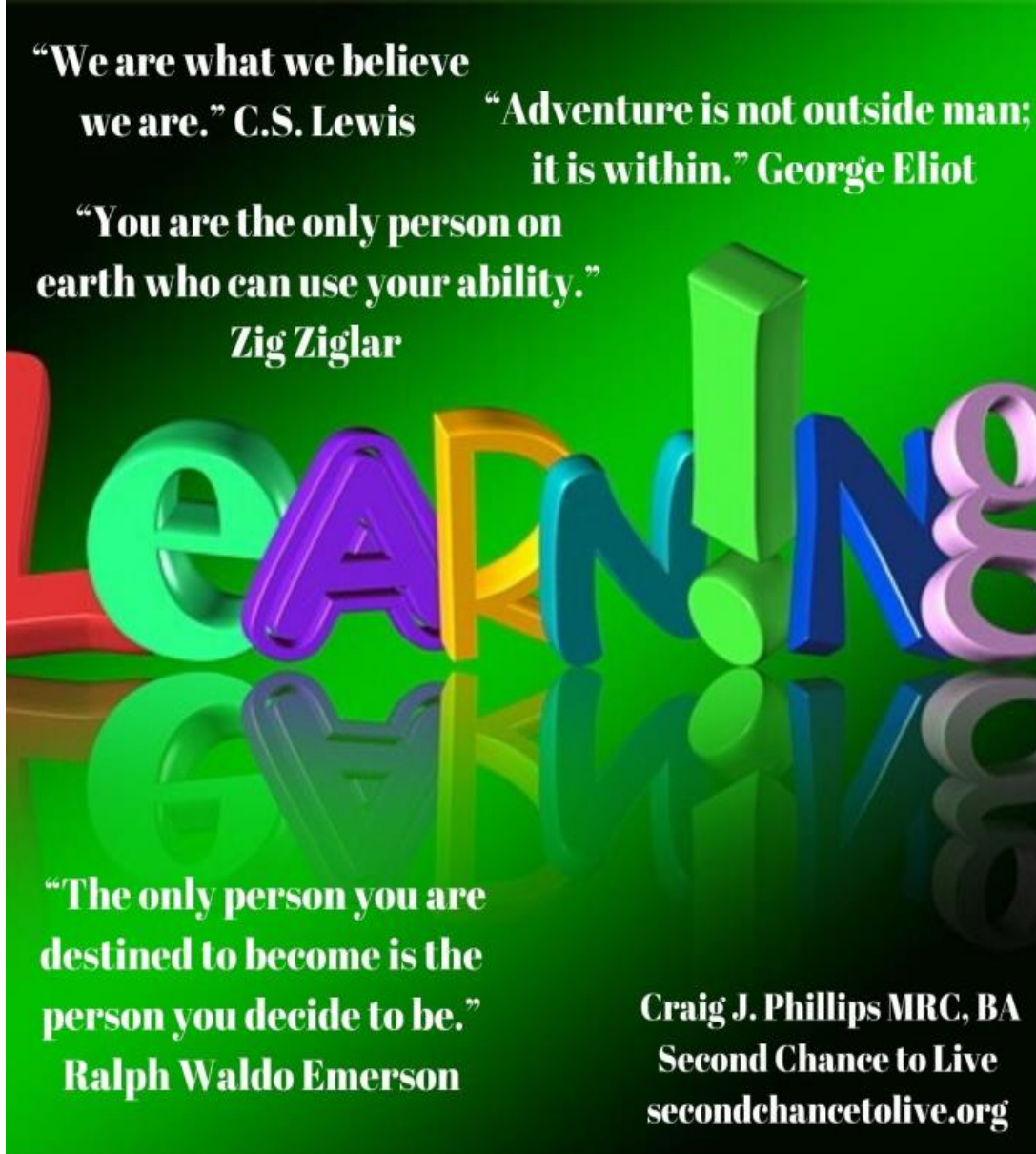
**One Day at a Time**

**"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**



# What is Your Learning Style after Brain Injury and Stroke?



**“We are what we believe  
we are.” C.S. Lewis**

**“Adventure is not outside man;  
it is within.” George Eliot**

**“You are the only person on  
earth who can use your ability.”  
Zig Ziglar**

**“The only person you are  
destined to become is the  
person you decide to be.”  
Ralph Waldo Emerson**

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**How We Learn after Our Brain  
Injury May be Different**

**Are you a Visual, Auditory or  
Kinesthetic Learner**

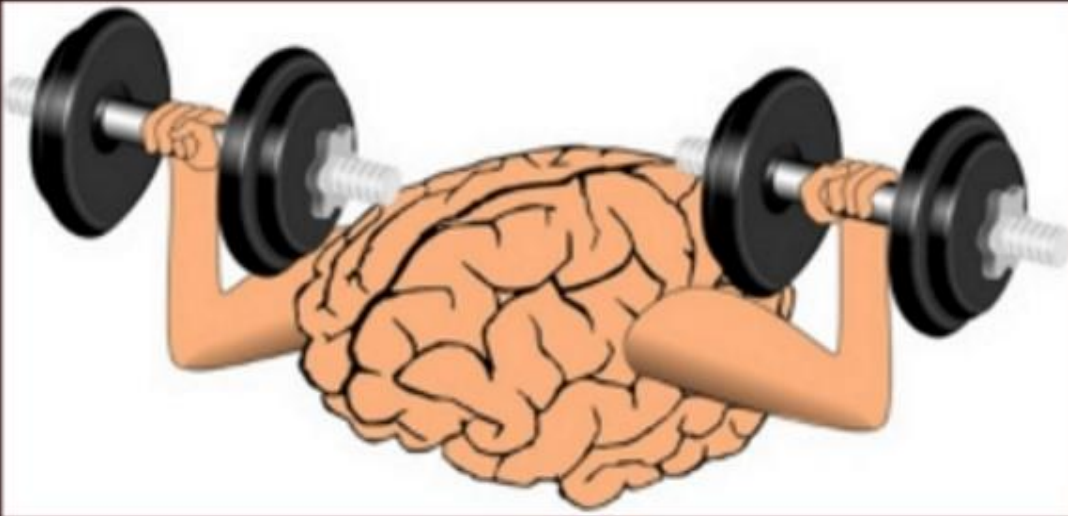
**Get Tested**

**“My mother said if you are a  
soldier, you will become a  
general. If you are a monk, you  
will become the Pope. Instead, I  
was a painter and became  
Picasso.”**

**Pablo Picasso**

# Second Chance to Live Focusing on the Whole Person

**SECOND CHANCE TO LIVE  
SECONDCHANCETOLIVE.ORG**



**EMPOWERING BRAIN, BODY, SPIRIT  
ONE SKILL AT A TIME**

**Through Articles, Video  
Presentations, Slideshow  
Presentations, e Books and  
Posters**

**Below is a Link to the Resources**

**[Resources for Ongoing Brain  
Injury Recovery Empowering the  
Individual, not the brain injury](#)**