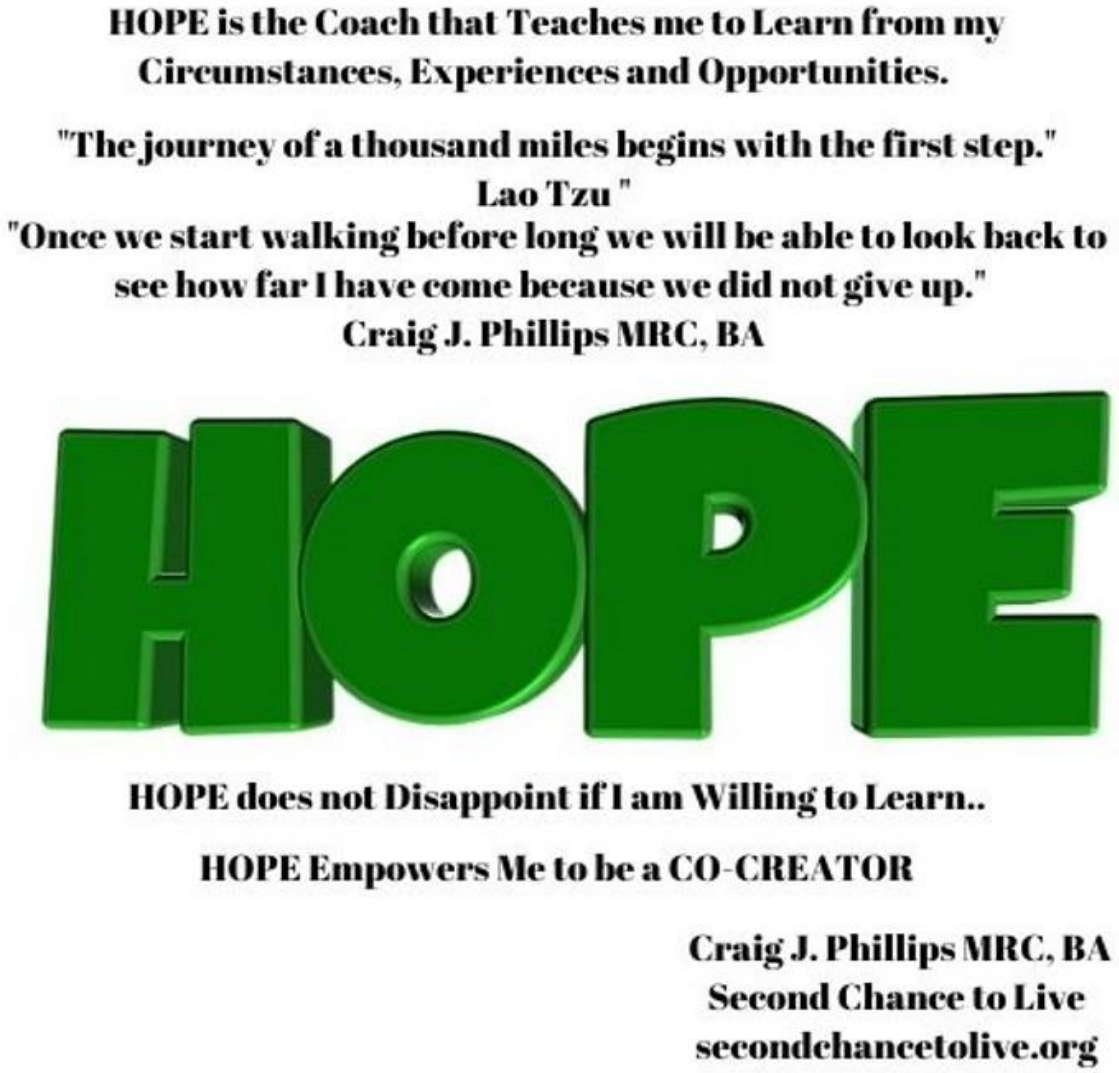
“Creating a New Normal – Acceptance and Creating Hope after Brain Injury”
Zoom Presentation



Cleveland Clinic Rehabilitation Hospital Edwin Shaw

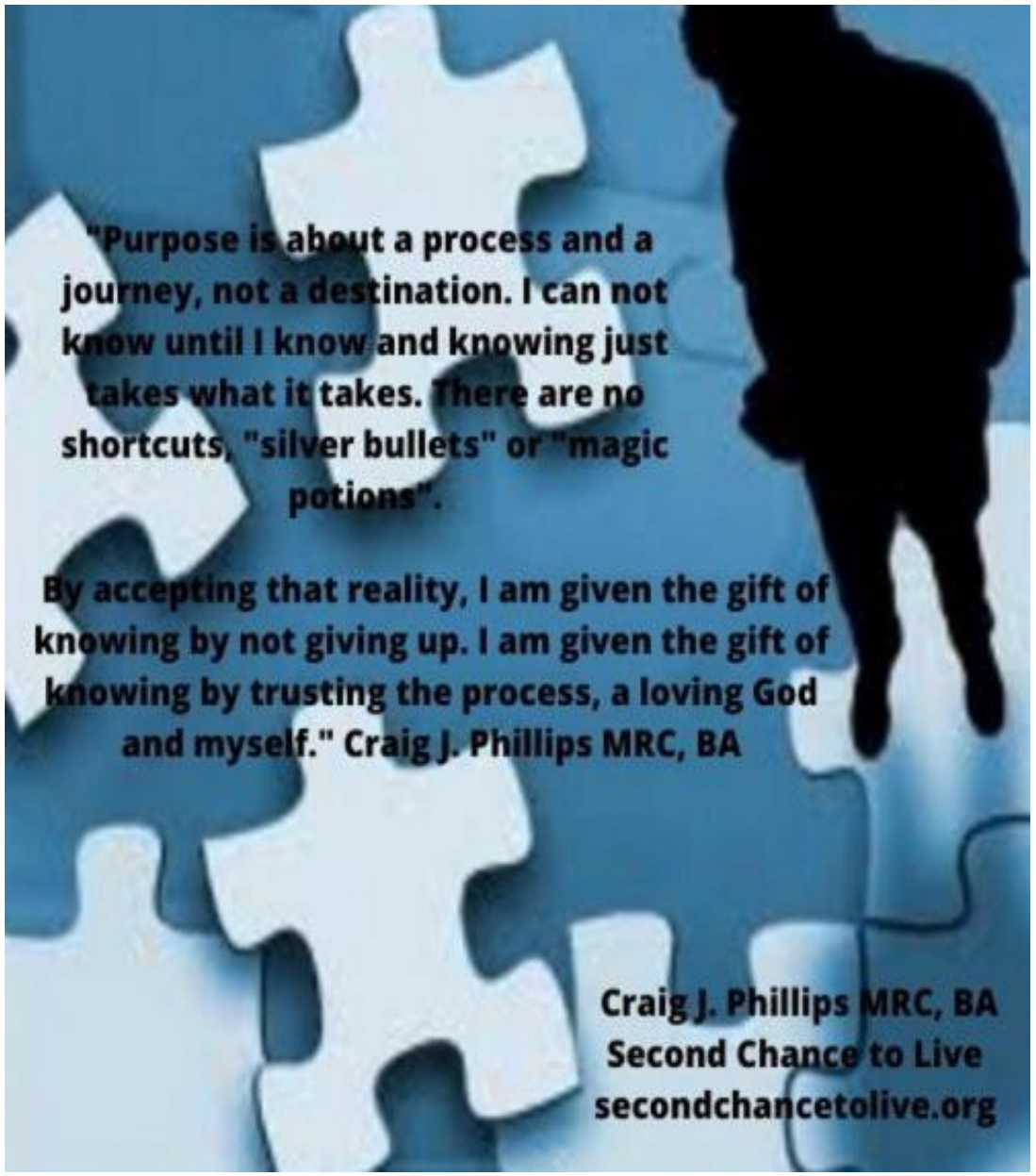
September 8, 2021 Wednesday

Craig J. Phillips MRC, BA

Second Chance to Live

Secondchancetolive.org

Living with a Brain Injury Can Be Likened to a Box of Jigsaw Puzzle Pieces



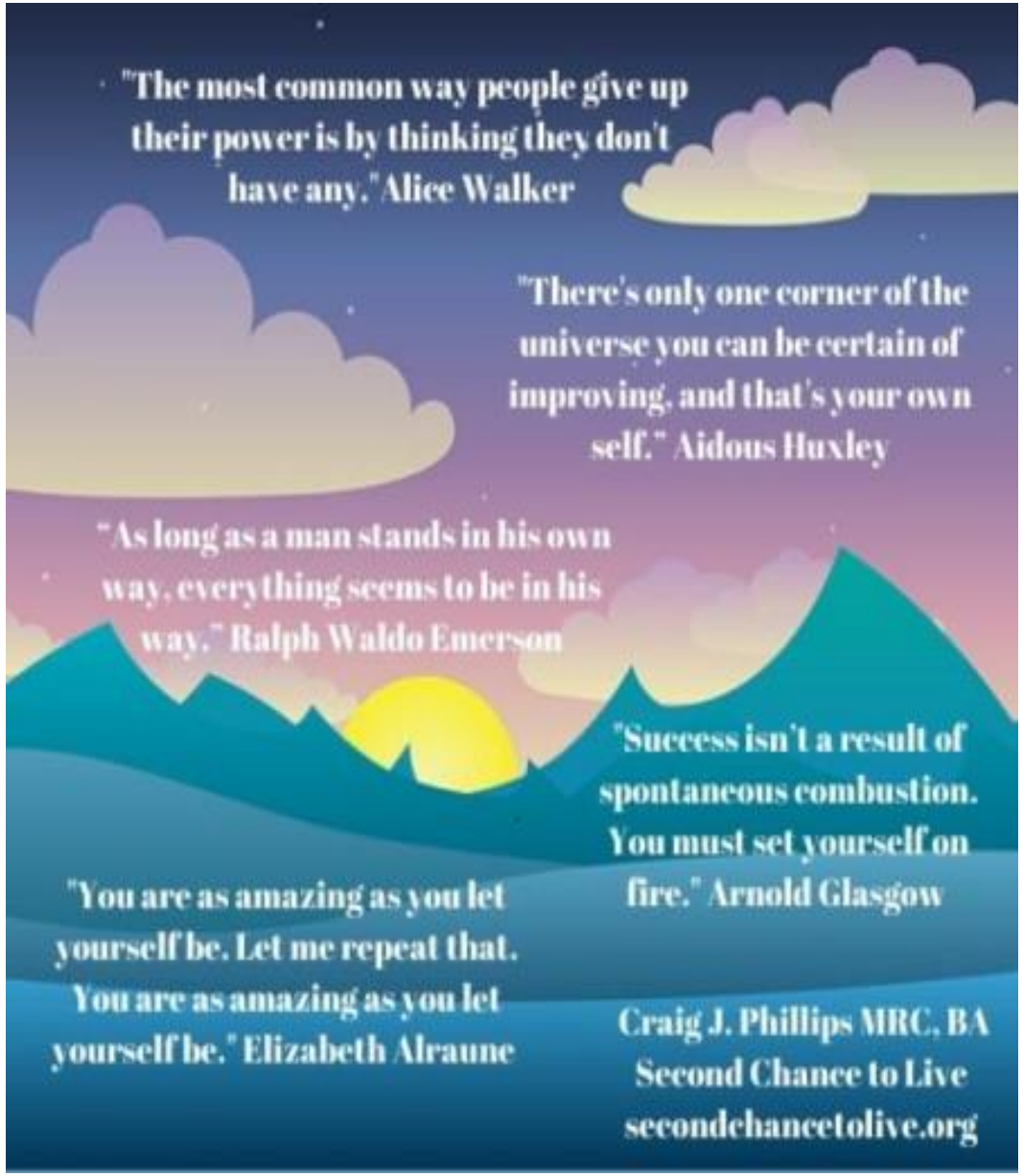
Living with a Brain Injury can be likened to a box of jigsaw puzzle pieces that are dumped out onto the table of life.

Individually the puzzle pieces make little sense, however when put together bring clarity.

In this presentation I will share what I discovered about these individual puzzle pieces.

I will share what helped me to learn how to live and thrive with the conundrum of a brain injury jigsaw puzzle.

Creating a New Normal – Acceptance and Creating Hope after Brain Injury



My Background

Accident

Education

Employment

Department of Vocational Rehabilitation

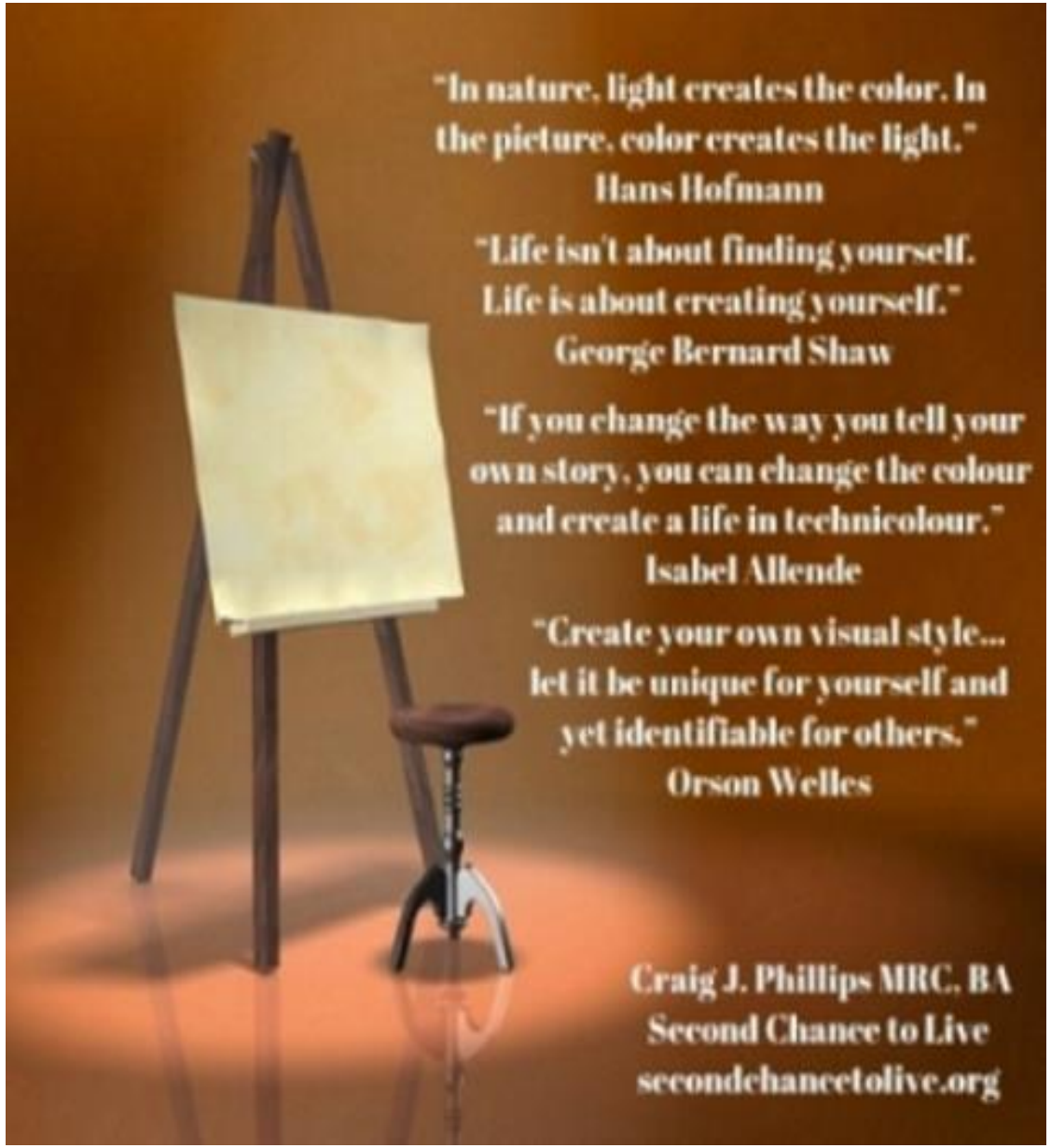
Social Security Disability Insurance

Grieving What I Could not Change

Second Chance to Live

[Bio information for Craig J. Phillips]

We are Not a Diagnosis or a Prognosis



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

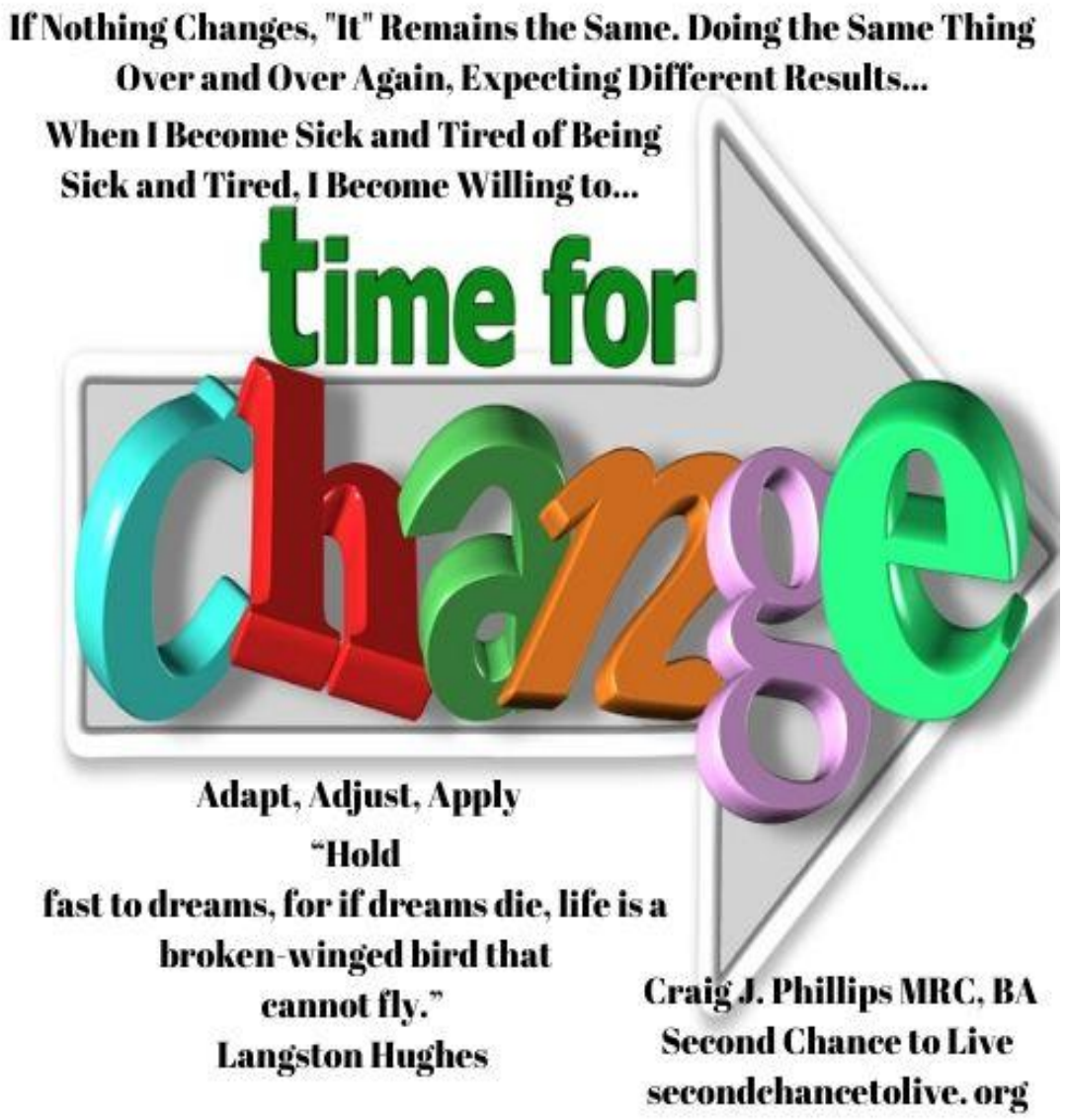
“When one door of happiness closes, another opens; but often we look so long at the closed door that we do not see the one that has been opened for us.”

Helen Keller

“I have not failed. I’ve just found 10,000 ways that won’t work.”

Thomas Edison

Not a Label, Stereotype of Stigmatization



Not what Someone Tells me I Should believe About Myself

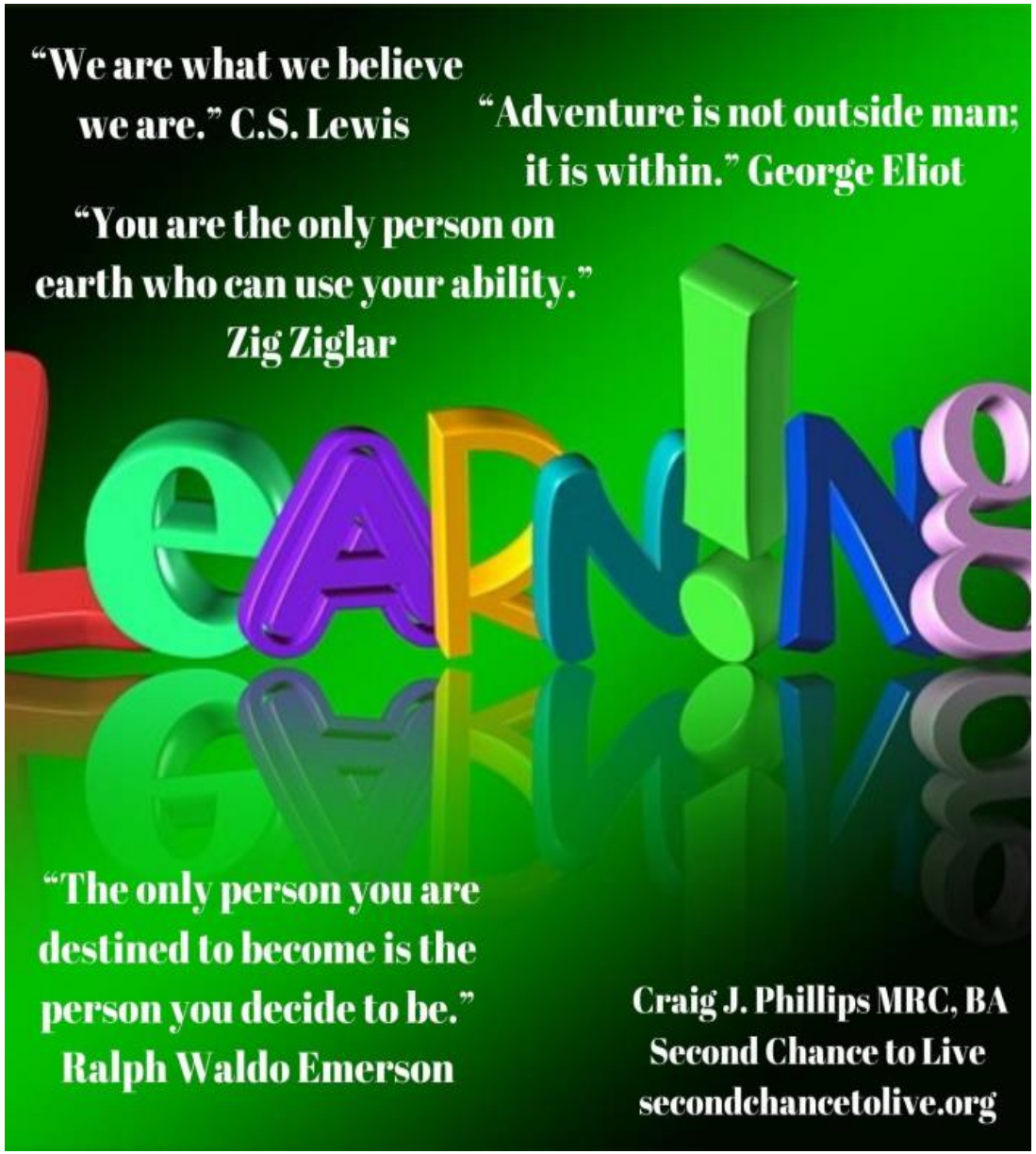
"Research your own experience. Absorb what is useful. Reject what is useless and add specifically your own creation."

Bruce Lee

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

Daya

What is Your Learning Style after Brain Injury and Stroke?



How We Learn after Our Brain Injury May be Different

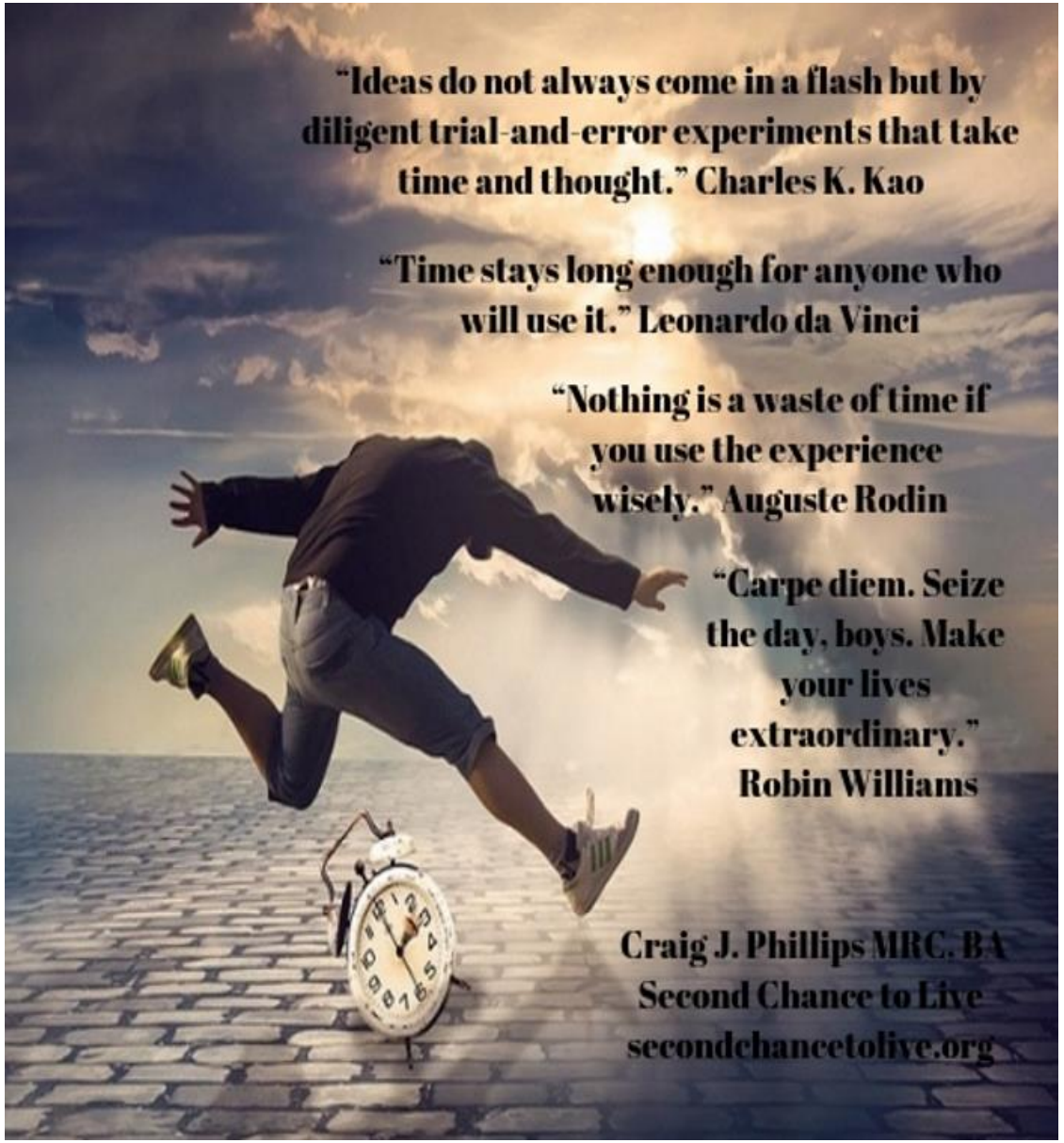
Are you a Visual, Auditory or Kinesthetic Learner

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

I am Not My Brain Injury or Stroke

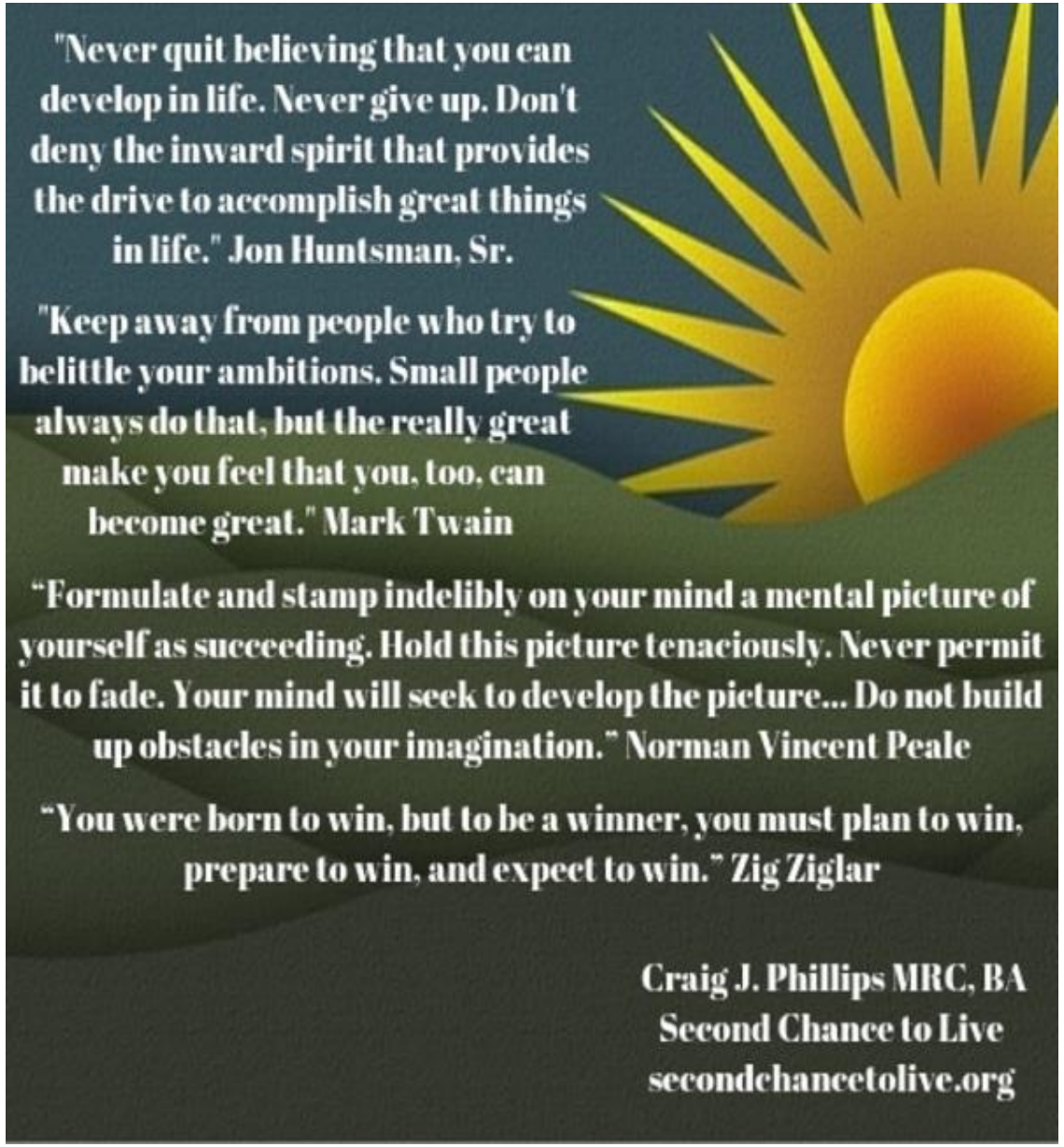


Our Brain Injury was Merely and Event, Not an Identification

"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



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

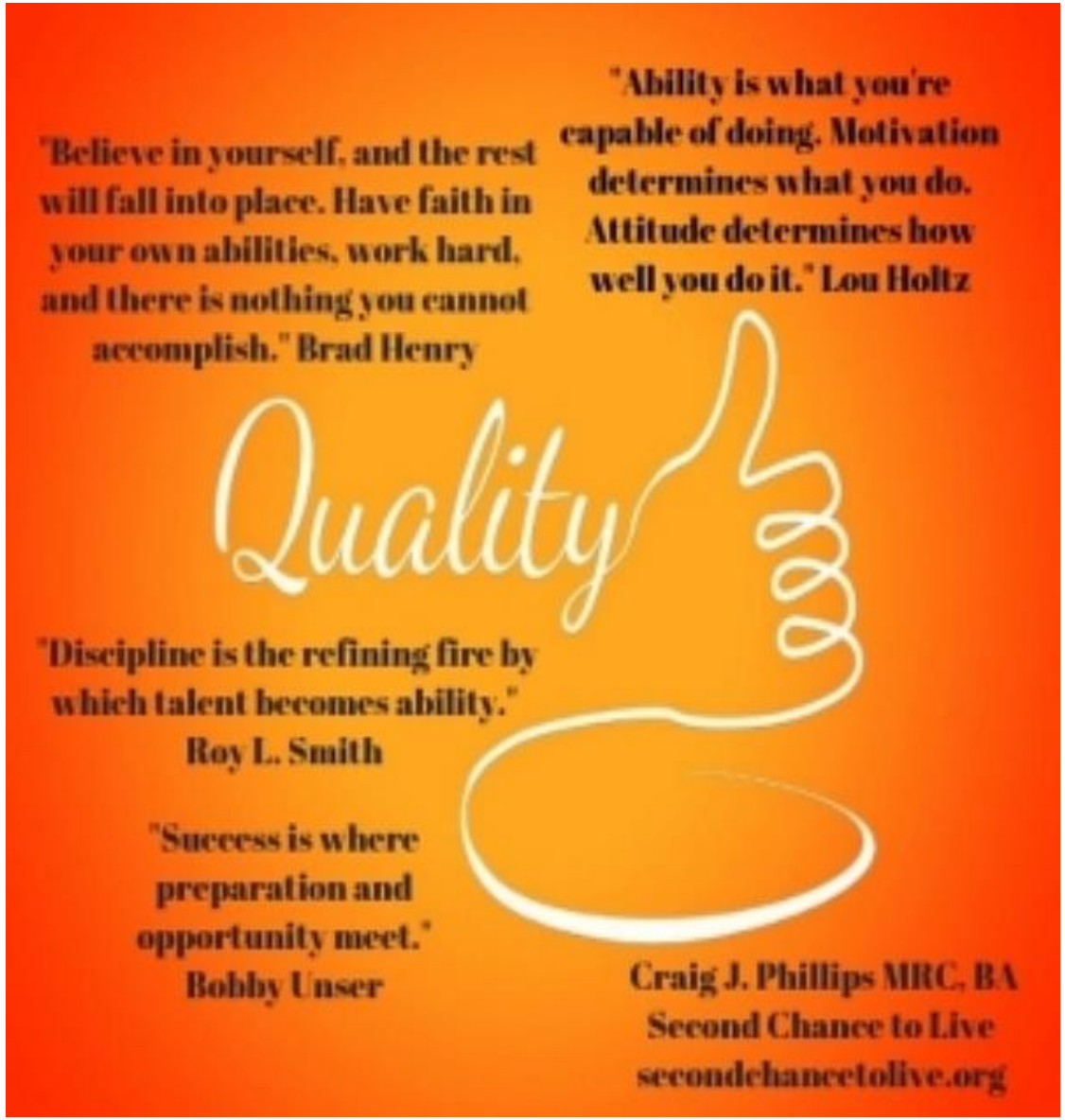
"What Is." instead of "What is Not."

"It is not as important what happened or happens to me, but how I respond to what happened or happens to me."
Craig J. Phillips MRC, BA

"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



Activities of Daily Living

One Skill and One Skill Set at a Time

Involving the Whole Person

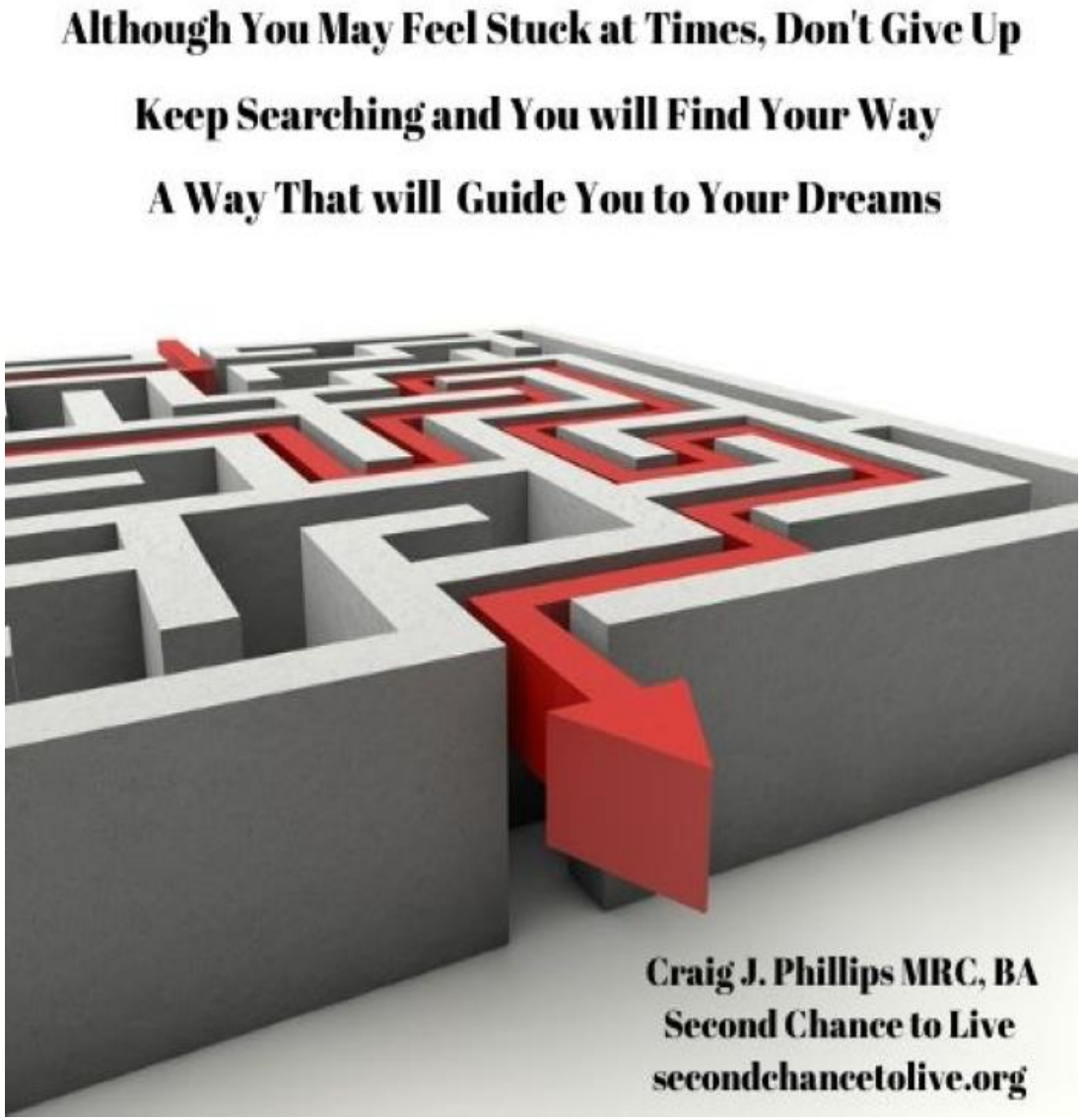
Body, Soul, Spirit, Mind and Emotions

“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



Creating New Neural Pathways and Brain Reorganization

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

A Bazillion Times

“Success is where preparation and opportunity meet.”

Bobby Unser

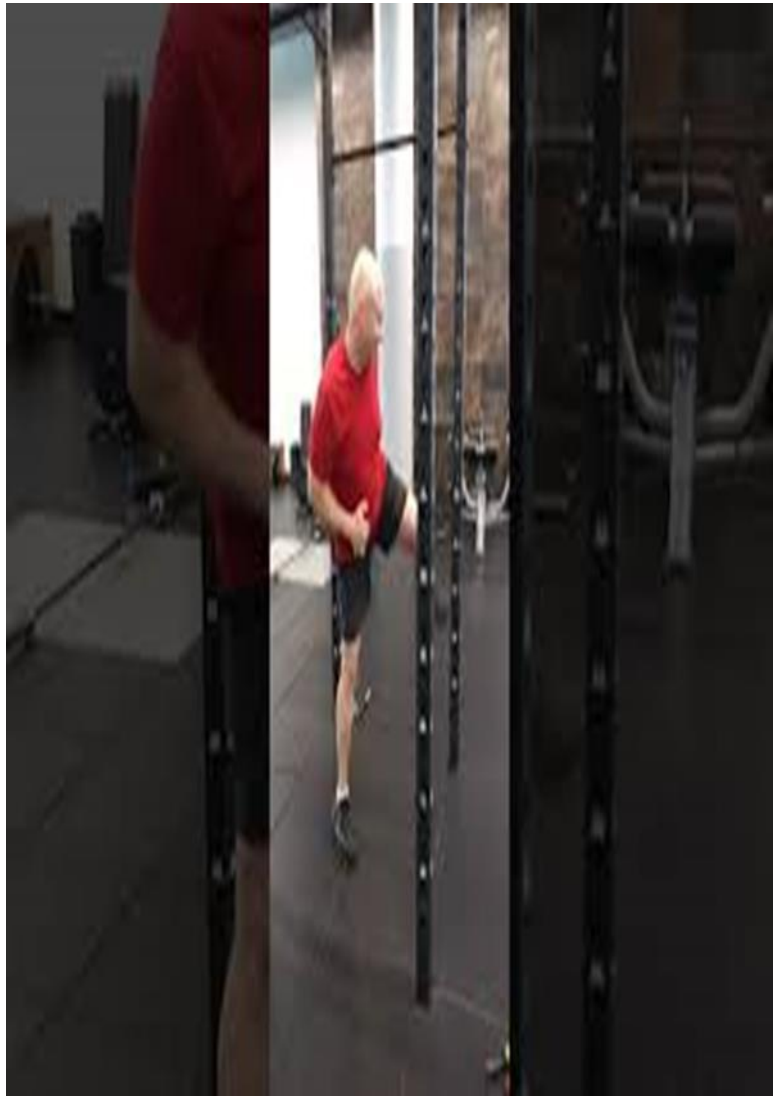
“Discipline is the bridge between goals and accomplishments.”

Jim Rohn

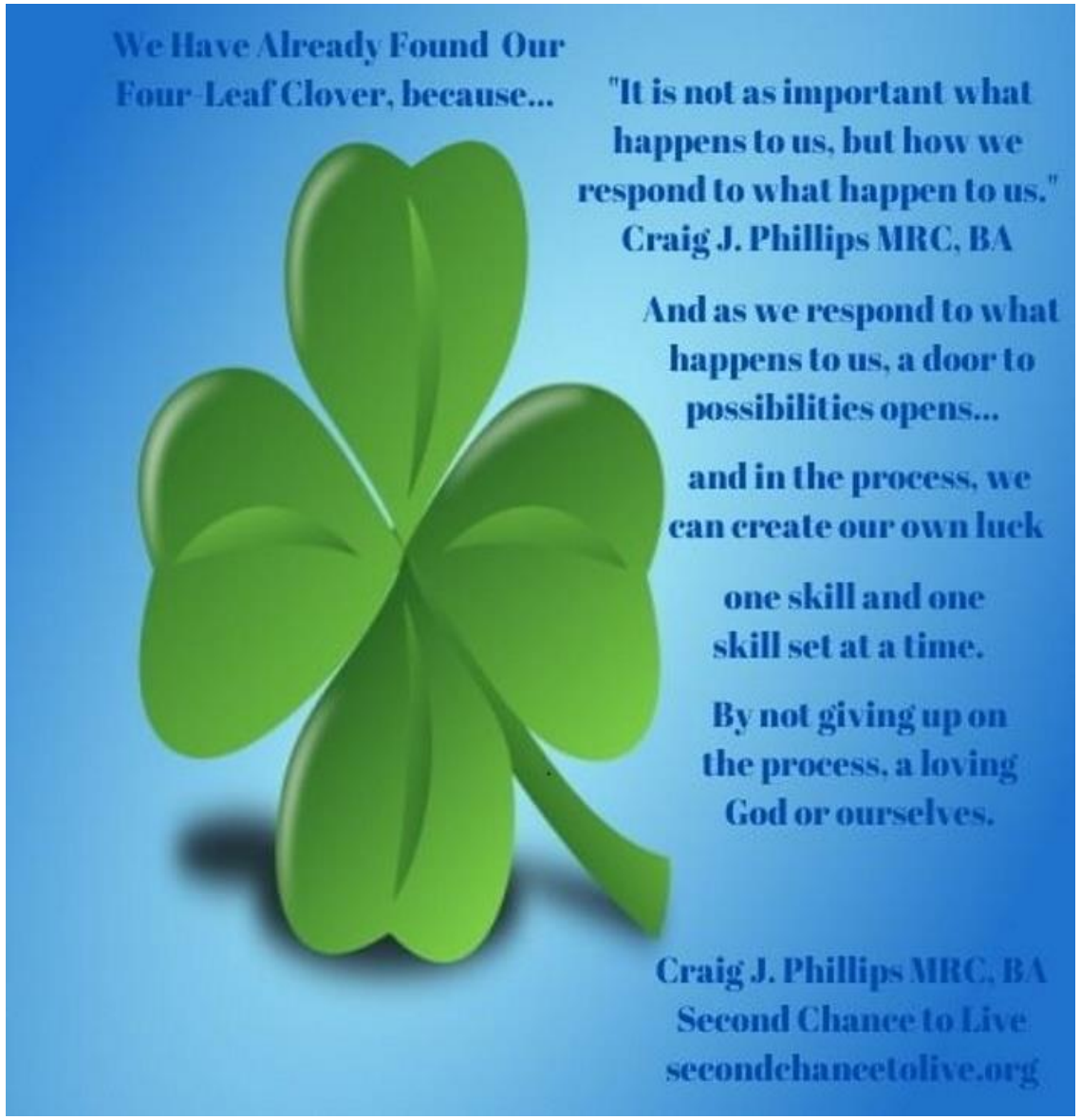
How I Use Repetitive Mirrored Movements to Create New Neural Pathways

[Stick Fighting, Knife, Western Boxing &Wing Chun Drills September 2, 2021]

[Transition Drills to Improve Agility, Focus, Speed & Coordination September 6, 2021]



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



One Skill and One Skill Set at a Time

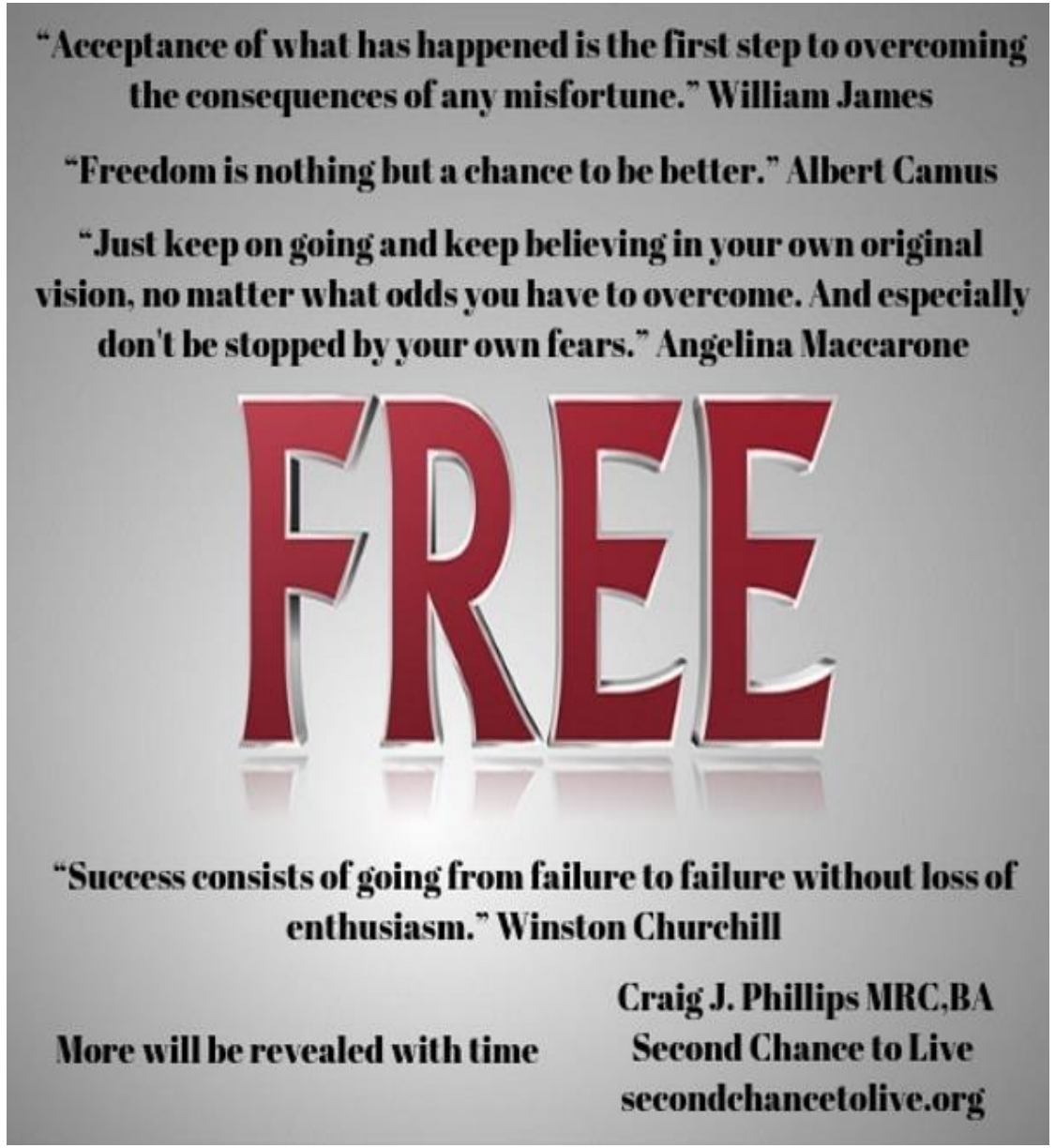
Not Judging Our Efforts

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

Concepts that have Empowered My Process and Journey After Brain Injury



Learning Styles

Jigsaw Puzzle

Baking Cakes

Tapestries

Elephant Riddle

Light Bulbs

Strike outs

Circumstances

Research Your Own Experience

The Tortoise and the Hare

Fable of the Cracked Pot

Second Chance to Live Focusing on the Whole Person

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]