Neuroplasticity, Setting Goals and Creating Hope After Brain Injury and Stroke Power Point Presentation

- Familiar
- Discouraged
- Symptoms not solutions
- Hope
- Create Dreams
Building Blocks of an Ongoing Recovery Process

Nerve Conduction
Communication
Corpus Callosum
Creating New Neural Pathways and Brain Reorganization

Nerve Cells Die

Damaged Nerve Cells

Health Nerve Cells

Connections

“Sometimes adversity is what you need to face in order to become successful.” Zig Ziglar

“Continuous effort – not strength or intelligence – is the key to unlocking our potential.” Winston Churchill

“Goals give you a mark to shoot for and keep you motivated when you face adversity.” Benjamin Watson

“Don’t give up at half time. Concentrate on winning the second half.” Paul Bryant

Craig J. Phillips MRC, BA
Second Chance to Live
secondchancetolive.org
Following a Brain Injury and Stroke -- Right and Left Sides of Our Brain

Right and Left Side of Our Brain and Body

Affected Side of Our Brain and Body

Unaffected Side of Our Brain and Body
Definition of Neuroplasticity
My Brain was Damaged on the Right Side of my Brain

My Brain was Damaged on the Right Side

Your Brain May have Been Damaged on the Left Side

Right Side – Left Side of Body

Left Side – Right Side of Body
Accepting my Limitations but Not Being Stopped by Them

Accepting Does Not Mean We Like “It”

Not Being Stopped By Our Limitations

A Bazillions Times
Benefits of Not Giving Up on the Process or Journey

Tyler’s Use of Dance to Create New Neural Pathways and Brain Reorganization

https://www.facebook.com/bambinette.schreckendgust/videos/102183211111076251/?t=8
My Encouragement to You as I Need to Remember

Set a Goal

Skills and Skill Sets

Improving the Quality of Your Life

Beyond a Diagnosis

Beyond a Prognosis
Not Judging our Efforts to Achieve One Goal a Little at a Time

Being More than a Diagnosis and a Prognosis

(What other people want us to believe about ourselves and what we can and cannot accomplish).

Improve our quality of Life and Well-Being
Living Beyond Limitations one Skill and Skill Set at a Time

Moving Beyond the Confines of a Prognosis

Find a Way that Works for You

To Build a New Life

Tenacity

Persistence

Not Giving Up

“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

Craig J. Phillips MRC, BA  
Second Chance to Live  
secondechancetolive.org
Exercise to Learn and Re-Learn Skills One Skill and One Skill Set at a Time

Repetitive Mirrored Movements

Both Sides of Brain Communicate

Start Slowly, but Don’t Give Up!

Skills and Skill Sets

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

Craig J. Phillips MRC, BA
Second Chance to Live
secondchancetolive.org
The Process Just takes Time so Don’t Give Up

Achieving Your Goal
Don’t be Discouraged
Elephant Riddle
Keep Chewing
Small Successes
Little by Little We can Achieve What We never Dreamed Possible

Tortoise and the Hare
Celebrating Small Successes
Not Judging Our Efforts
Running Our Own Race
Slow and Steady wins the Race
Have Fun with the Process. What you enjoy doing you will stick with through times of discouragement.

Although progress may seem slow at time, don’t give up. You are making more progress that you realize.

“The journey of a thousand miles begins with the first step.” Lao Tzu

“Once we start walking, before long we will be able to look back and see how far we have come, because we did not give up.” Craig J. Phillips MRC, BA
The Principle of Baking Cakes and Eating Elephants

Life Goals
Gather Ingredients to Bake Your Cake
Combine Ingredients
One Skill and One Skill Set at a time
And Keep Chewing
My Process and Journey using the Principle of Neuroplasticity after Brain Injury

1997 Using Different Martial Art Disciplines

Muay Thai Kick Boxing, Western Boxing, Filipino Stick Fighting, Kali, Jeet Kune Do and Wing Chun Drills

Large and Small Muscle Groups

Gross and Fine Motor Skills
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

**Hand Eye Coordination and Precision Drills using Fine Motor Skills**
Created September 12, 2021
In My Experience I Needed to Exercise Diligence to Succeed

Plan
Prepare
Execute
Succeed
Plan, Prepare, Execute, and Succeed in Ways that Work for You

Commit to Succeed One Day at a Time

“a willingness to give your time and energy to something that you believe in, or a promise or firm decision to do something” Cambridge Dictionaries online

Commitment to me involves loyalty, first to myself. Commitment encourages me to stick with a goal, regardless.

Although the way that I set out to accomplish something may change, my commitment teaches me that I can find a way that will work for me to be able to accomplish my goal.

“Regardless of Your Lot in Life You Can Build Something Beautiful On It.” Zig Ziglar
To Achieve what will Improve the Quality of our Lives and Well-being

Hard work or Work-ethic

"Something requiring lots of effort to do, either physical, mentally or emotionally; labor; toil." Your Dictionary.com

Hard work to me means being diligent, to accomplish a task or a goal. Hard work or a work-ethic can be likened to running a marathon, not running a sprint.

“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
Ingredients of a Training Camp – Determination

“is a positive emotion that involves persevering towards a difficult goal in spite of obstacles.

Determination occurs prior to goal attainment and serves to motivate behavior that will help achieve one’s goal.” Wikipedia

Determination helps me to focus on what I want to accomplish, in spite of obstacles and setbacks.

Obstacles become a sign on the road that helps me to realize that adjustments need to be made to accomplish my desired goal.

“I have not failed. I’ve just found 10,000 ways that won’t work.” Thomas Edison
Ingredients of a Training Camp – Drive

“There are three major components to motivation: activation, persistence, and intensity. Activation involves the decision to initiate a behavior...

Persistence to me is the continued effort toward a goal even though obstacles may exist...Finally, intensity can be seen in the concentration and vigor that goes into pursuing a goal.”

About Education — What is Motivation

Motivation can either be external or internal. External motivation only last until the threat is removed. Internal motivation is sustainable because of the individual’s internal desire to achieve.

“Sometimes adversity is what you need to face in order to become successful.”
Zig Ziglar
“training to act in accordance with rules; drill, activity, exercise, or a regimen that develops or improves a skill, the rigor or training effect of experience, adversity” Dictionary.com

For me, discipline means that I keep working on my craft, tweaking and taking away; adding to and making what works, work for me.

“Discipline is the bridge between goals and accomplishment.” Jim Rohn
Ingredients of a Training Camp – Fortitude

“Fortitude meaning courage or bravery is the ability and willingness to confront fear, pain, danger, uncertainty, or intimidation.”

Wikipedia

For me fortitude means that I commit to pursuing my dreams and my destiny. That I stay focused on my vision and mission. That I remain true to myself.

“Every strike brings me closer to the next home run.” Babe Ruth
Ingredients of a Training Camp – Persistence

“the quality that allows someone to continue doing something or trying to do something even though it is difficult or opposed by other people” Merriam-Webster

For me persistence is the decision to get up more times than I fall down. Persistence for me means that I don’t give up regardless... Persistence means believing in myself.

“Believe in yourself, go after your dreams and don’t let anyone put you in a box.” Daya
Tenacity keeps me moving toward what I want to accomplish in my life. Tenacity means that I keep looking for ways to win in life. Tenacity means that I do not give myself no for an answer.

Tenacity means that I trust the process, a loving God and myself. Tenacity means that I keep moving forward, do the footwork and let go.

“It’s not that I’m so smart, it’s just that I stay with problems longer.” Albert Einstein
Ingredients of a Training Camp – Courage

“The state or quality of mind or spirit that enables one to face danger, fear, or vicissitudes with self-possession, confidence, and resolution; bravery.” The Free Dictionary

Courage to me means I stay committed to the process, the footwork and the journey. Courage helps me to remember that I do not have to do things perfectly.

“My mother said that 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
My use of Neuroplastity in 2013, 2014, 2015, 2016, 2017 and 2018

On the next slide of this presentation there are links to demonstrations.

Friends helped me to show and document the progress that I have made by continuing to use repetitive mirrored movements.

Years the Video Presentations were Made

- 2013 – 5 minutes long
- 2014 – 2-3 minutes long
- 2015 – 2-3 minutes long
- 2016 – 2-3 minutes long
- 2017 – 5 minutes long
- 2028 – 46 seconds long
Below are Links to Demonstrations of my Ongoing Use of Neuroplasticity in my Ongoing Brain Injury Recovery

Click on the Below links to Watch these Demonstrations

Neuroplasticity through Martial Arts Disciplines August 2013
Neuroplasticity Demonstration August 2014
Brain Injury, Neuroplasticity and Personal Gains August 2015
Balance and Coordination through Repetitive Mirrored Movement 2016
Brain Injury Recovery and Repetitive Mirrored Movements 2017
Improving Our Brain and Body’s Ability to Excel after Brain Injury 2018