

12 Ways to Enhance Our Lives, Well-Beings and Relationships after a Brain Injury

Second Chance to Live

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Through my process and on my journey, I have discovered different ways that have helped me to create hope. Create hope in my life, my well-being and in my relationships.

In the process of using these ways I have discovered my purpose, created my new normal, improved my brain/body connection and have learned how to be an advocate.

These ways may also help you to create hope your life, well-beings and relationships. In the process discover your purpose, create your new normal, improve your brain/body connection and help you to be an advocate.

You don't have to do everything

“I am only one, but still, I am one. I cannot do everything, but still I can do something; and because I cannot do everything, I will not refuse to do something that I can do.” Helen Keller

. 1- Admitted that we are powerless over the impact and effects of our brain injury and invisible disability. That our lives have forever changed because of our brain injury. Although we are powerless over the impact of our brain injury and our invisible disability, we are not helpless. As a result, we no longer need to feel like a victim or that we are helpless because of our brain injury or our invisible disability.

2- Came to believe that a power greater than ourselves could help us to accept what we are powerless to change (the impact of my brain injury and our invisible disability). Consequently, we can rely on the power that many of us have found to be God. We can rely on a loving God to help us to stop sabotaging and undermining our lives, well-beings and relationships by trying not to be impacted by a brain injury. We can rely on a loving God to help us accept ourselves and to create a good life for ourselves.

3- With the awareness that we need this power in our lives, we can make a decision to ask Him to lead and guide our process and journey. We no longer have to figure things out on our own. In the process, we can ask Him to help us own our power. Own our power as an individual living with a brain injury and an invisible disability through what we can do, not what we can't do. Own our power (what is in our power to control) in our mind, body, spirit, soul and emotions in ways that work for us, a little at a time and one day at a time.

4- With the help of a loving God, we can begin to examine areas of our lives that no longer work for us. That undermine and sabotage our lives, our well-beings and our relationships. With the help of a loving God, we can look for patterns (defense mechanisms in which we defend, answer and explain) that keep you and I feeling like a victim of a brain injury, an invisible disability and our circumstances.

5- We no longer have to remain isolated because of what we are no longer able to accomplish with our lives. By admitting to ourselves, a loving God and another person what we are unable to accomplish, we can come out of the shadows of isolation and break free from feelings of alienation. Alienation from ourselves, a loving God and other people because of what we can not accomplish. In the process, we can learn how to trust, again. Trust a loving God, ourselves and other people.

6- Through being sick and tired of being sick and tired of getting the same results, we become willing to try something different. Try something different to get different results. Through being willing, we can ask a loving God to help us to stop doing things that no longer work. In the process, we become entirely ready to let go of what no longer works for us.

7- Through being ready to let go of what no longer works for us, we can be actively involved in the process of discovering how to use our gifts, talents and abilities in ways that will work for us.. We can humbly ask a loving God to help us in this process of self-discovery. In the process of letting go and discovering what works for us we can have peace in our lives and relationships.

8- Through letting go of what no longer works we can pursue what works for us. We can stop being a prisoner to our deficits and imitations. As a result, we can stop fighting with and against ourselves by trying to prove that we do not have those deficits

and limitations. We can become the individual we decide to be in our lives.

9- We can let go of the life that we had planned to create the life that works for us. In the process, we can learn to own the power in our mind, body, spirit, soul and emotions. We can create our new normal in ways that work for us through our mind, body, soul, spirit and emotions.

10 - We don't have to figure out everything will fit together as we seek to own the power in our mind, body, spirit, soul and emotions. Instead, we can ask a loving God to guide and direct our steps each day. In the process, the dots will connect forward.

11- We can let go of the outcomes by trusting the process, a loving God and ourselves. We can do through doing the footwork and letting go of the outcomes. We can let go of the outcomes one day at a time. We can trust that more will be revealed with time.

12- As we grow in the understanding of ourselves (with the help of a loving God) we continue to use our gifts, talents and abilities. Use our gifts, talents and abilities in ways that work for us. In the process, we learn from our circumstances, our experiences, our lessons and opportunities. In the process, we actively participate in our lives, well-beings and the creation of our destinies.

Over the past 20 months I have had the opportunity to share what has helped me in my process and on my journey. I have done so through zoom with associations, organizations, support groups, hospitals, rehabilitation centers, clubhouses and a State Department of Education through 5 programs.

Four Programs Offered

Finding Purpose after Brain Injury and Stroke Presentation

Thriving beyond a diagnosis (what happened to us) and a prognosis (what we can accomplish).

Acceptance and Creating a New Normal after Brain Injury and Stroke Presentation

Defining who we are after our brain injuries in ways that work for us by looking at our lives and abilities in a new way.

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

Developing our brain and bodies in ways that work for us through developing new neural pathways and brain reorganization.

Believing in Ourselves through Self-Advocacy — A Guide to Owning Our Power after Brain Injury and Stroke Presentation

Owning our power by advocating for ourselves through our mind, body, spirit, soul and emotions through awareness, acceptance and action.

To date I have spoken **53 times** with **5 more** opportunities scheduled. See this link for locations, presentations given and for contact information.

Opportunities to be of Service

I am available to share my experience, strength and hope with your Association, Support Group, Hospital, Rehabilitation Center, Clubhouse or Department of Education through Zoom or in person.