“Seize the Day”

Overcoming a Learned Helplessness

Illustration – The Pike Syndrome

Tank of water with a big fish at one end of the tank. Little fish at the other end of the tank. Pane of glass separating the big fish with the little fish. Big fish hits the pane of glass attempting to get to the little fish (food). Over time the big fish begins to associate pain with getting to the little fish. After a period of such conditioning the pane of glass is removed. Although the big fish can now readily get to the little fish, because of the learned pain associated with the little fish, the big fish gives up. The little fish can then swim around the big fish without a fear of being eaten. The learned helplessness results in the big fish going without food and starving to death.
No Way to Live

“Most men lead lives of quiet desperation and go to the grave with the song still in them.” Henry David Thoreau

Reason for Living

Viktor Frankl – “Man’s Search for Meaning”

Victor was a prisoner in the Nazi concentration camps. He survived by having a purpose, while other people died around him.

Very important to find a meaning – go on to fulfill it, learning how to “be” instead of “have”. “being” rather than “having”, what you make out of this situation.

Self-Actualization

Abraham Maslow – Desire to Become One’s Best Self

Abraham spoke about self-development, self-improvement, cultivating skills, fulfilling our potential, maximizing our internal growth.
Finding Purpose after Brain Injury

Finding purpose is about accepting what is; to be able to create, what can be in view of our brain injury, our invisible disability and our circumstances.

You and I are not defined by our deficits and limitations.

You and I are not defined by labels, stereotypes, or stigmatizations.

A New Way to Live

“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

“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
Creating Our New Normal after Brain Injury

Is about realizing that we do not have to be limited by a “why me?” and “what is?” attitude.

Instead of “why me?” and a “what is?” attitude, I can decide to have a “why not me?” and “what is?” attitude.

**No Longer Limited**

“Research your own experience. Absorb what is useful, reject what is useless and add specifically your own creation.” Bruce Lee

“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
Neuroplasticity, Setting Goals and Creating Hope after Brain Injury

Realizing that I can create hope in and through my body, by engaging in repetitive mirrored movements one skill and one skill set at a time. Not giving up on the process through a bazillion repetitions, one repetition at a time.

The Adventure

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

“Discipline is the bridge between goals and accomplishment.” Jim Rohn

“Goals give you a mark to shoot for and keep you motivated when you face adversity.” Benjamin Watson
Believing in Ourselves through Self-Advocacy  
Owning our Power

I need to realize that I have the power to improve the quality of my life, well-being and relationships.

I need to realize and be committed to the process of improving all of what makes me a whole person.

**My mind, body, soul, spirit and emotions.**

I need to realize and embrace that I can, because of my brain injury, own the power in my mind, body, spirit soul and emotions to create a good life.

**Through taking Personal Responsibility**

Self-development  
Self-improvement  
Cultivating Skills  
Fulling my Potential  
Maximizing my internal growth  
Learning how to be of maximum service
12 Ways to Enhance Our Lives, Well-beings and Relationships after a Brain Injury

1. Admit powerlessness over changing
2. Believe that a power greater can
3. Make a decision to ask Him to help us
4. Examine areas that no longer work
5. Admit what no longer works
6. Come out of the shadows of isolation
7. Discover what works by asking for help
8. Stop being a prisoner of out deficits and limitations
9. Let go of the life we planned to create our new normal
10. Ask a loving God to guide and direct our steps in this process each day
11. Trusting the process, letting go of the outcomes, trusting that more will be revealed
12. Using our gifts, talents and abilities in ways that work for us to create our destinies and be of service
Carpe Diem – Seize the Day
Explore, Dream and Discover
Dream big, start small, but start
Stay focused
Don’t Give Up on your Process

“Everyone 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

Make Your Life Extraordinary

"Explore. Dream. Discover."
Mark Twain

“Dream big. Start small. But most of all start.”
Simon Sinek

“Live your life by a compass, not a clock.”
Stephen R. Cove

“You are never too old to set another goal or to dream a new dream.”
– C.S. Lewis

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