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

Craig J. Phillips MRC, BA Second Chance to Live

Familiar
Discouraged
Symptoms not Solutions
Hopes
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

Healthy 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

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Following a Brain Injury and Stroke – Damage to the Right or Left Sides of Our Brain

Damage to the Right side of our Brain affects the Left Side of our Body

Damage to the Left side of our Brain affects the Right Side of our Body

Unaffected Side of Our Brain can Help Restore the Affected Side of our Body
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 the Limitations of my Brain Injury, but Not Being Stopped by Them

Accepting Limitations of my Brain Injury Does Not Mean I Like Them

Accepting Them Just Means that I Do not have to Be Stopped by Them

Accepting my Limitations Gives me The Ability to Try Different Approaches

Accepting My Limitations Gives me the Ability to Find a Way that will Work
I am Free to Search for a Way of Way (s) that Will work for Me

I free to Move beyond what I am led to believe about myself (my diagnosis).

I am free to Move beyond what I am told that I can accomplish (prognosis).

I am free to Stop judging my efforts.
Neuroplasticity, Muscle Memory, Coordination and Creating Hope

Definition of Neuroplasticity
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
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

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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
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 In Building What Works for You

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
- 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 muay Thai & Wing Chun Drills Created September 2, 2021

Hand Eye Coordination and Precision Drills using Fine Motor Drills Created September 12, 2021

Upper/Lower Body Coordination Drills to Improve Focus, Balance and Agility Created February 14, 2022
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 some thing 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
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
Ingredients of a Training Camp – Discipline

“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
Ingredients of a Training Camp – Tenacity

“an unwillingness to yield or give up, being dogged, stubbornly, persevering and steadfast” Wiktionary

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

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