

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

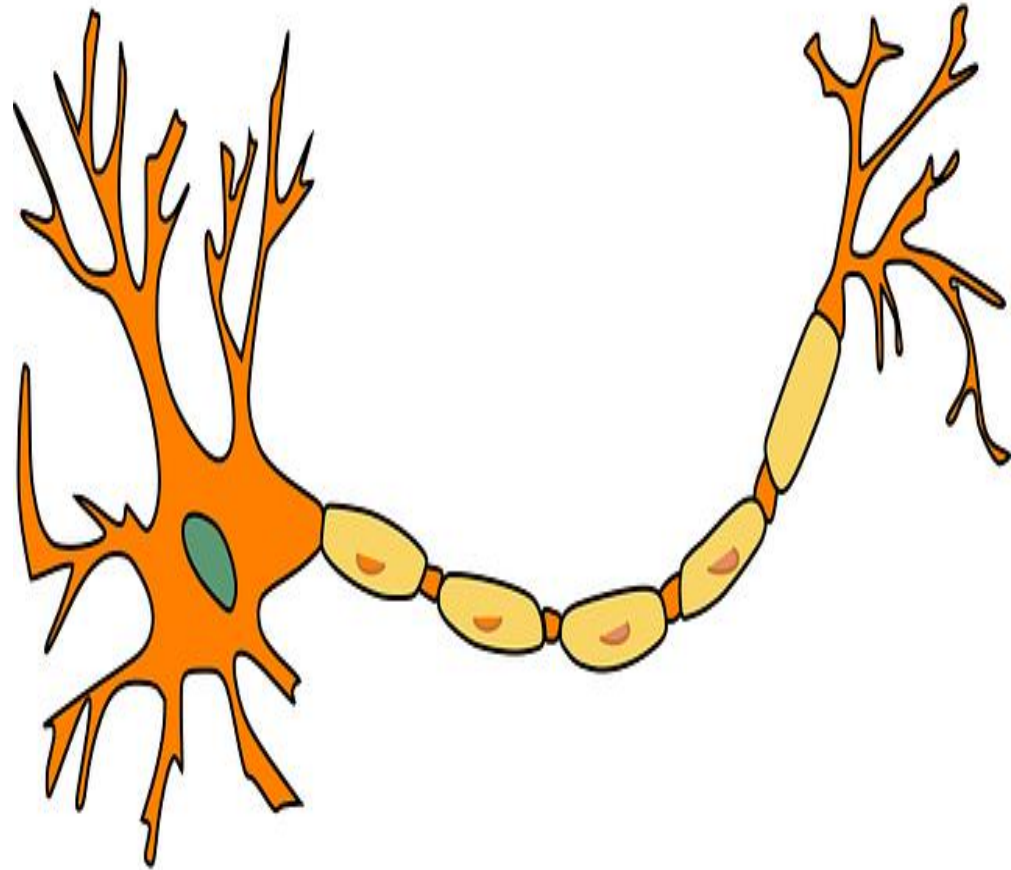
Craig J. Phillips MRC, BA Second Chance to Live



Familiar
Discouraged
Symptoms not Solutions
Hopes
Dreams

Building Blocks of an Ongoing Recovery Process

Nerve Conduction
Communication
Corpus Callosum



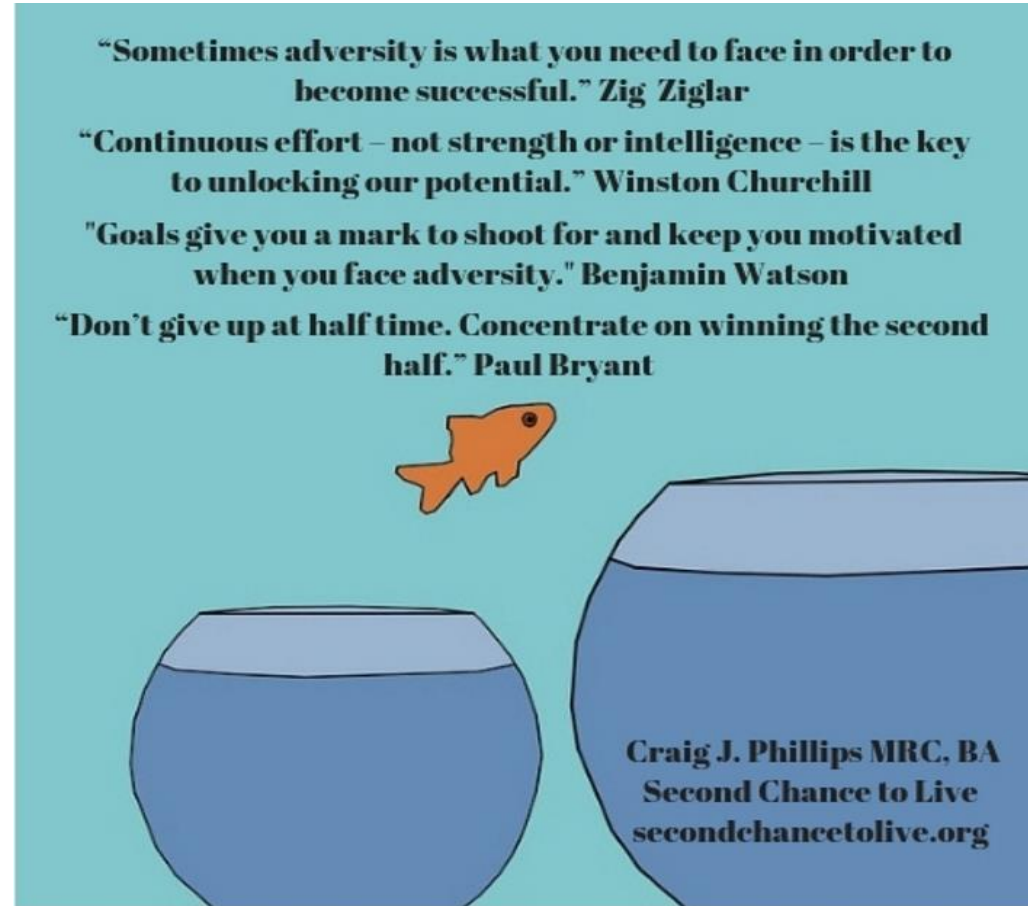
Creating New Neural Pathways and Brain Reorganization

Nerve Cells Die

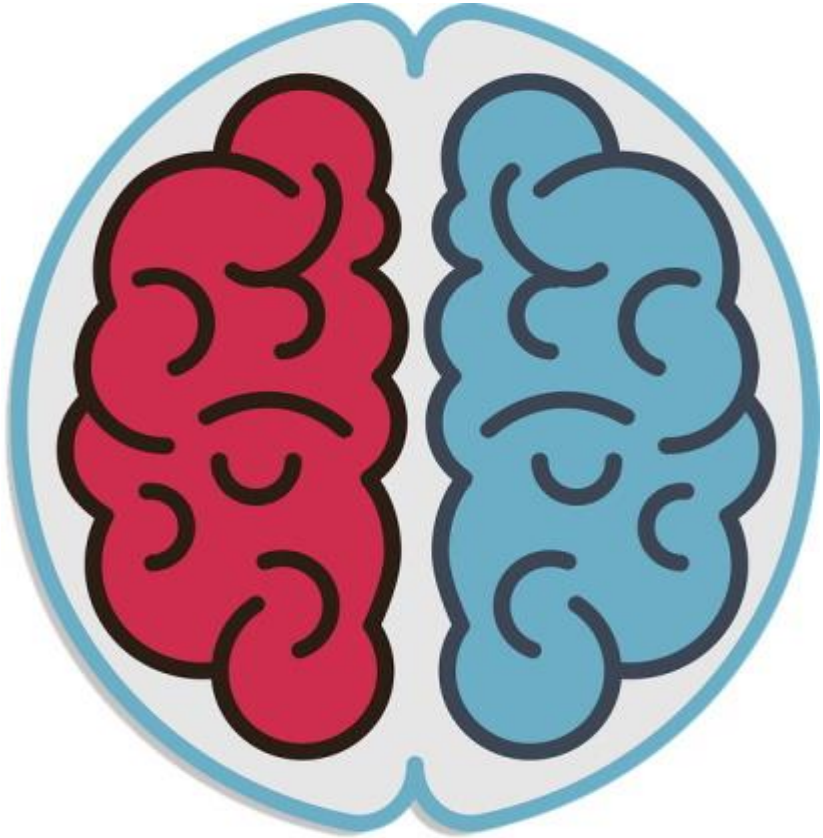
Damaged Nerve Cells

Healthy Nerve Cells

Connections



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**

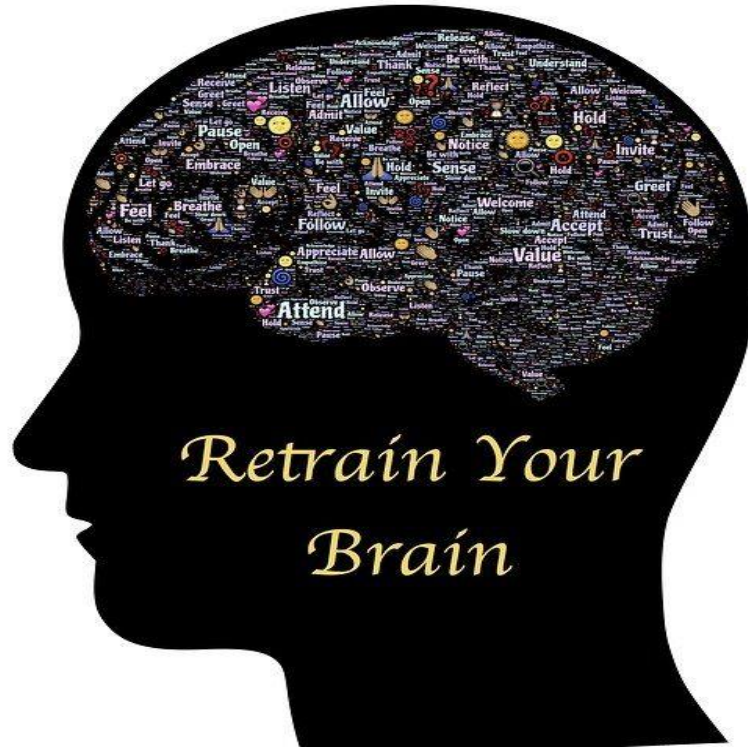
**Your Brain May have Been
Damaged on the Left Side**

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 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**

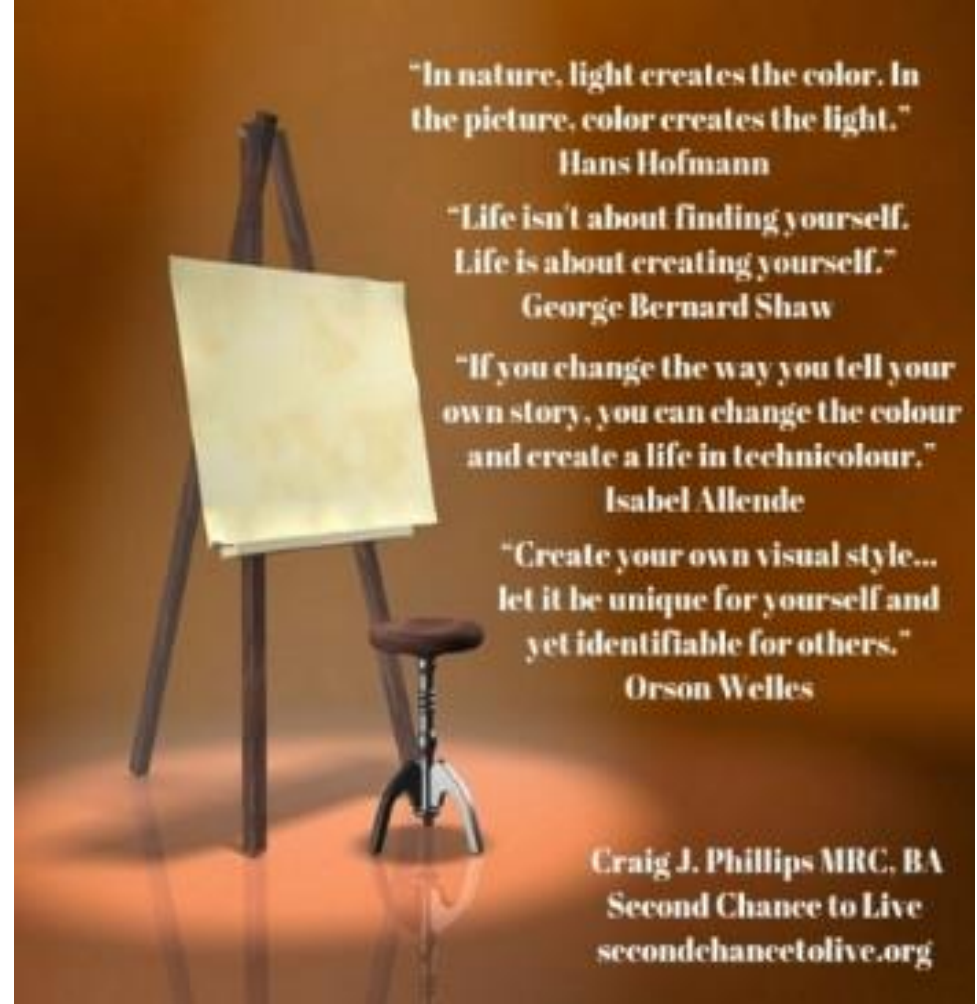
Find a Way that Works for You

To Build a New Life

Tenacity

Persistence

Not Giving Up



Exercise to Learn and Re-Learn Skills One Skill and One Skill Set at a Time

Repetitive Mirrored Movements

Both Sides of Brain Communicate

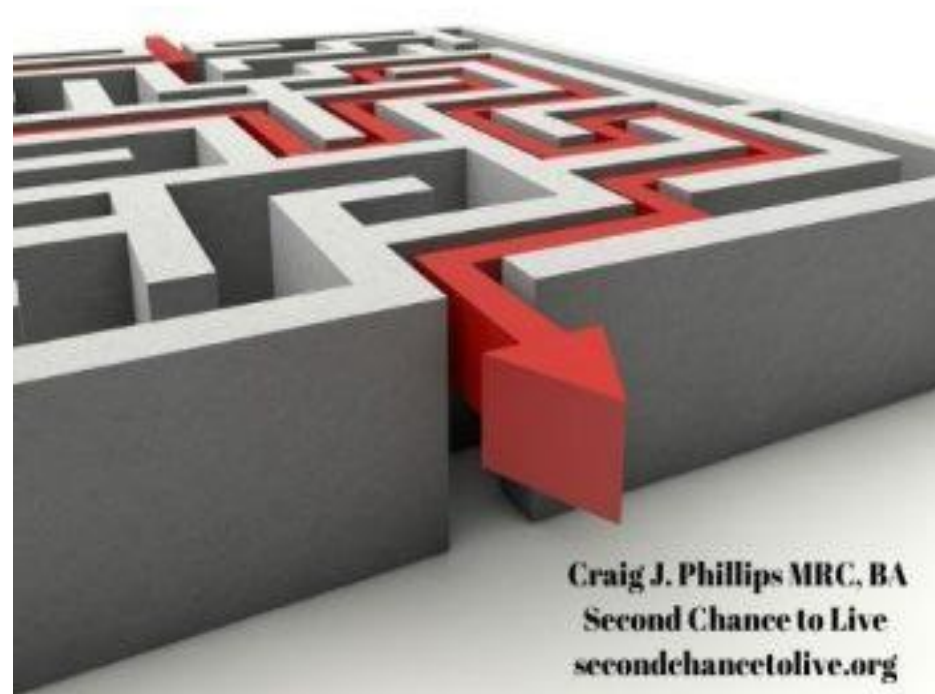
Start Slowly, but Don't Give Up!

Skills and Skill Sets

Although You May Feel Stuck at Times, Don't Give Up

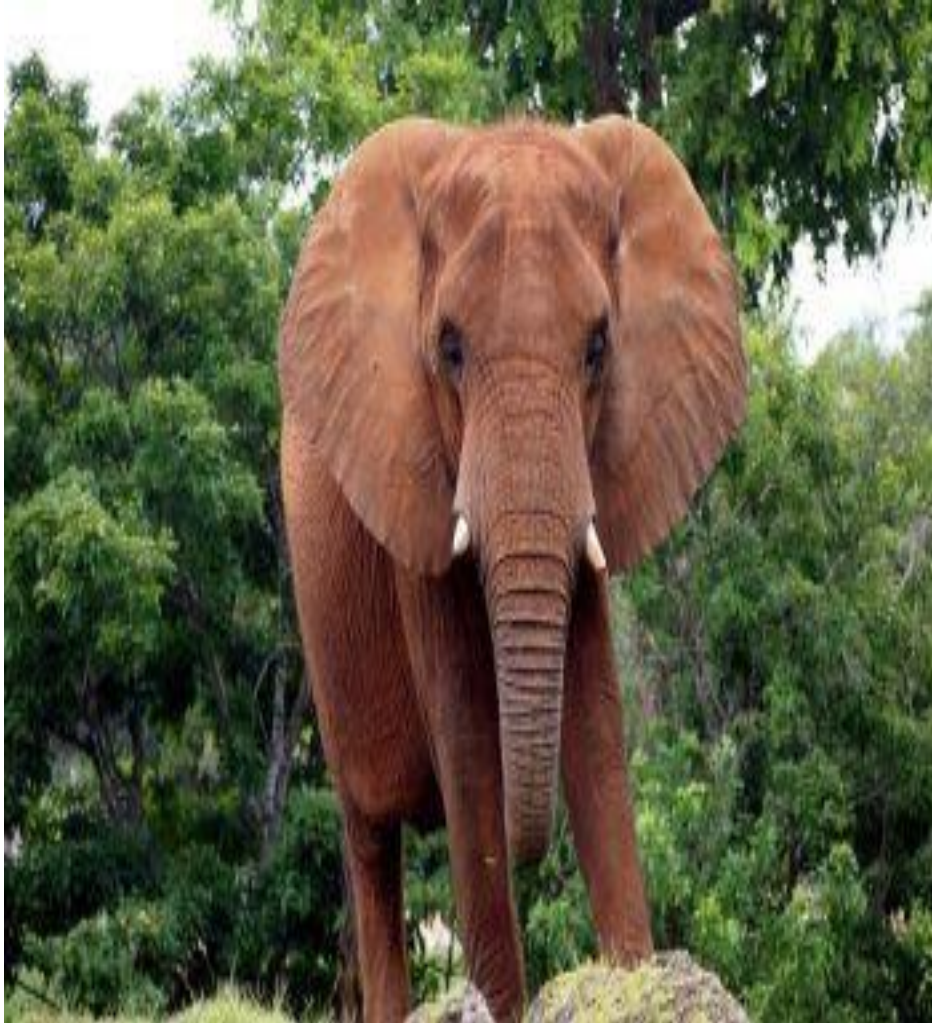
Keep Searching and You will Find Your Way

A Way That will Guide You to Your Dreams



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Second Chance to Live
secondchancetolive.org

The Process Just takes Time so Don't Give Up



Achieving Your Goal

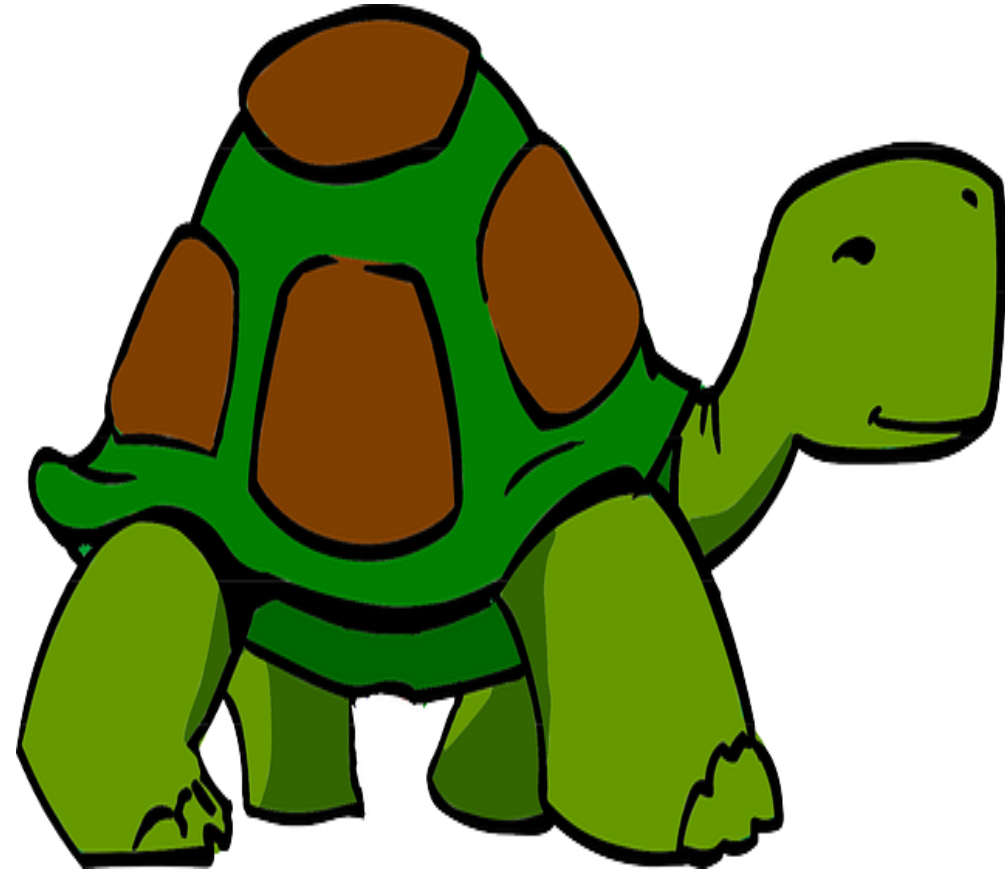
Don't be Discouraged

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 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 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

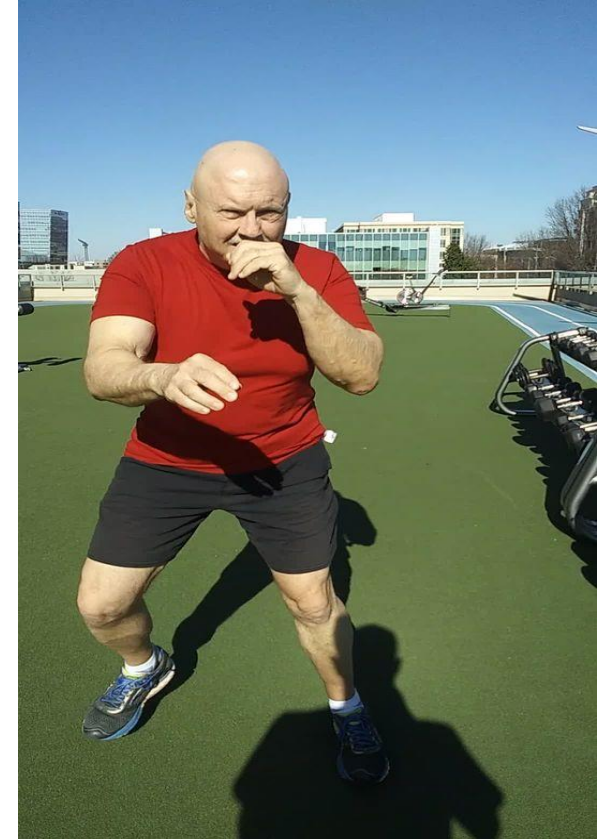
Stick Fighting, Knife, Western Boxing muay Thai & Wing Chun Drills Created September 2, 2021



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

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.

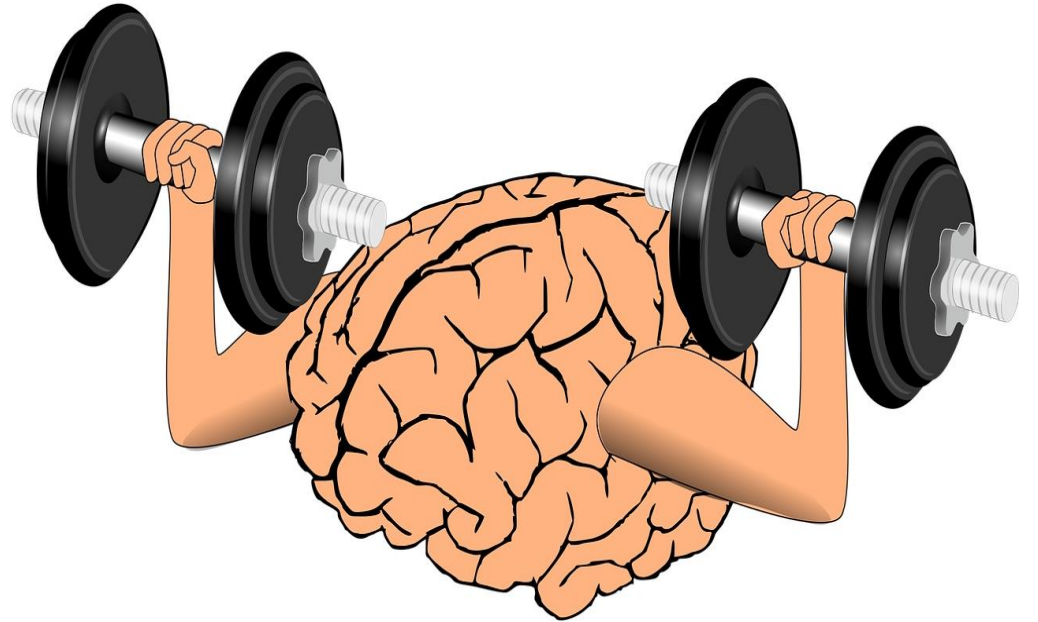
“Sometimes adversity is what you need to face in order to become successful.”
Zig Ziglar

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

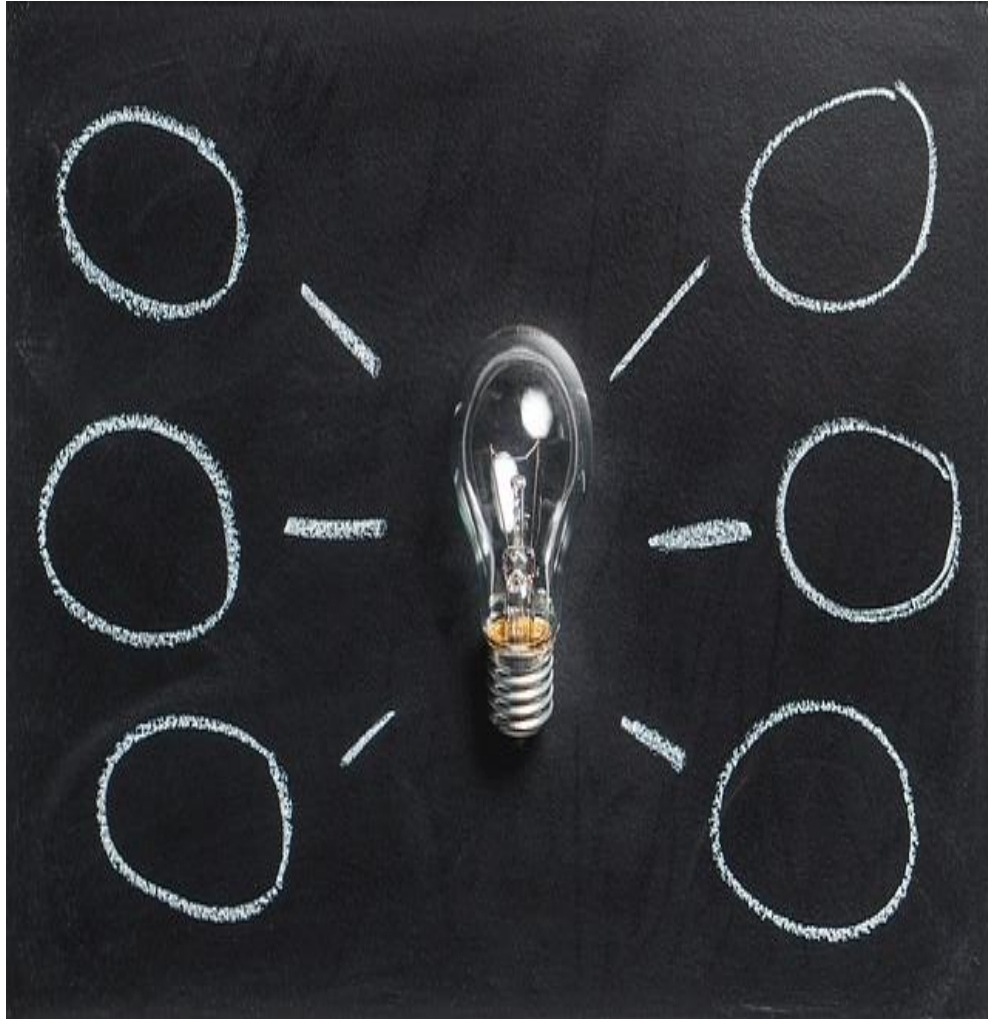
“the quality that allows someone to continue doing something or trying to do something even though it is difficult or opposed by other people” Merriam-Webster

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.

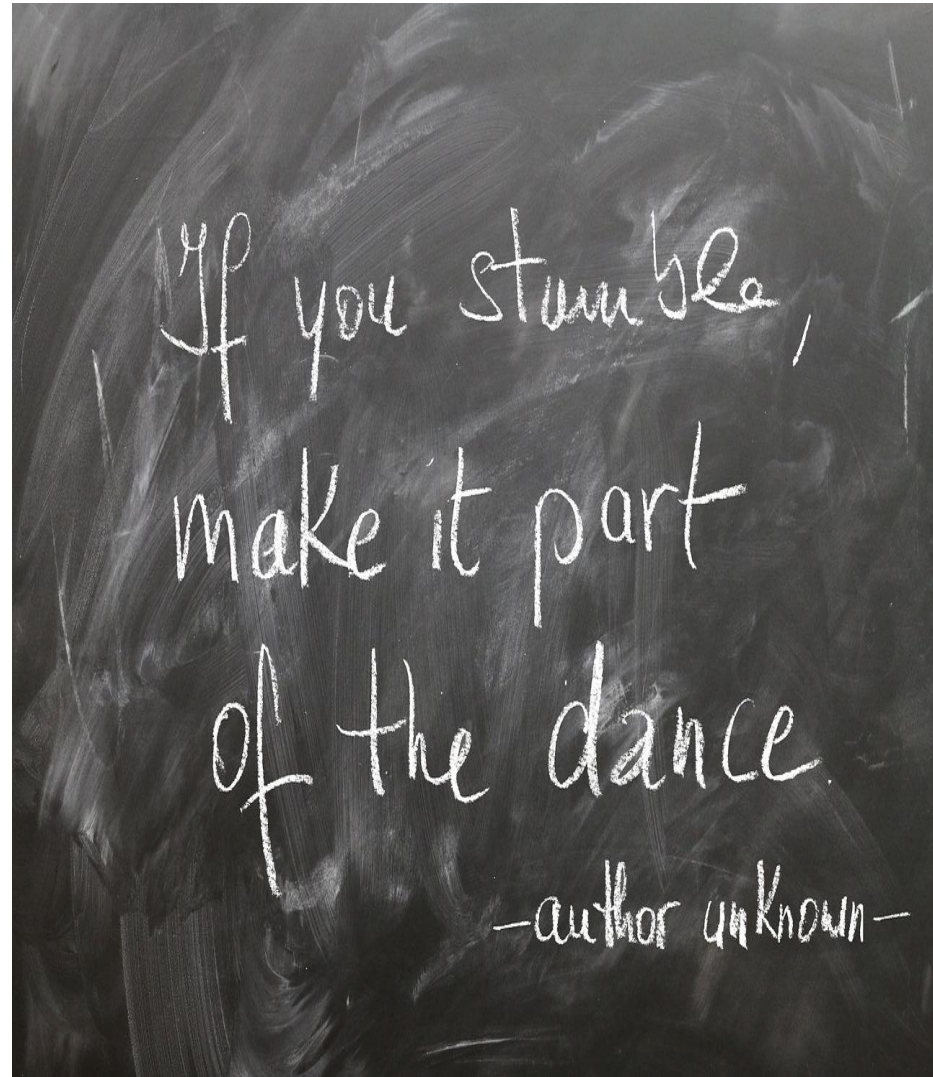
“It’s not that I’m so smart, it’s just that I stay with problems longer.” Albert Einstein

Ingredients of a Training Camp – Courage

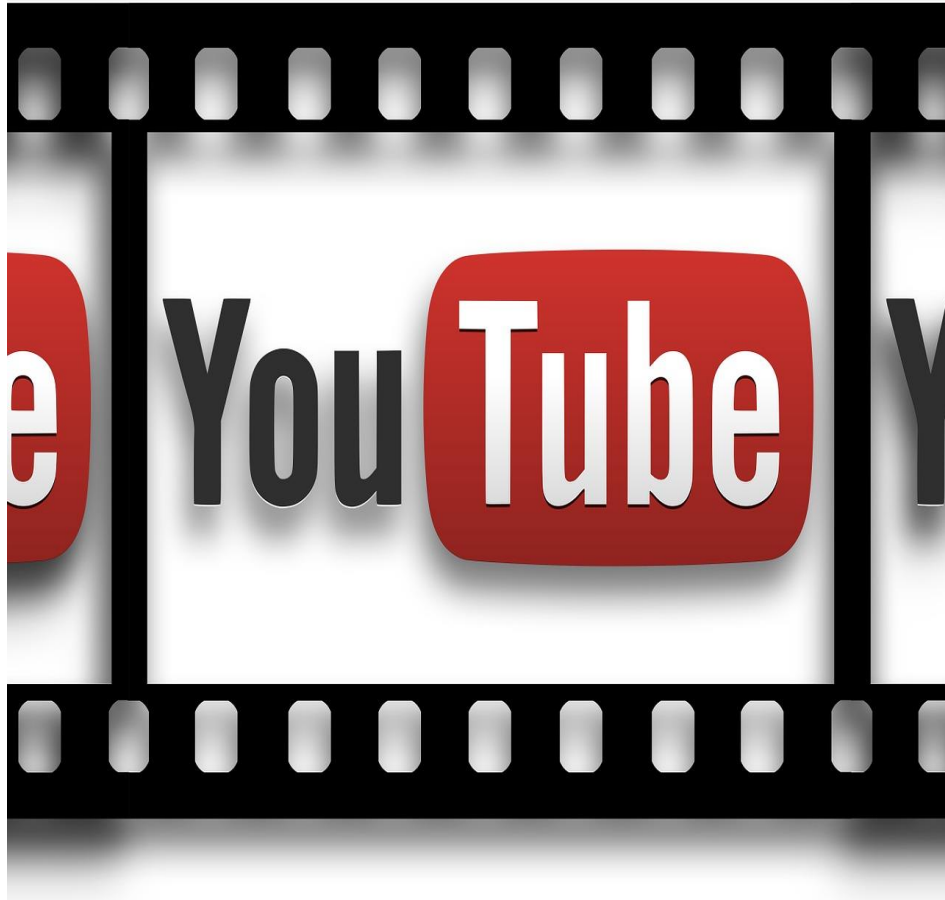
“The state or quality of mind or spirit that enables one to face danger, fear, or vicissitudes with self-possession, confidence, and resolution; bravery.” The Free Dictionary

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



My use of Neuroplasticity 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](#)