

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

Craig J. Phillips MRC, BA Second Chance to Live



**After we Experience a Brain Injury
what was once Familiar may now
seem Foreign**

**As a Result we may Find Ourselves
Discouraged**

**Discouraged by Focusing on the
Diagnosis and the Prognosis of our
Brain Injury**

**In the Process, We may Struggle
with Faith and Hope**

No Worries, Be Happy -- We Can move Forward with our Lives

Inch by Inch, Life's a Cinch. Yard by
Yard, it's very Hard

We Can Create Hope and Cultivate Faith

Create Hope and Cultivate Faith one day
at a time

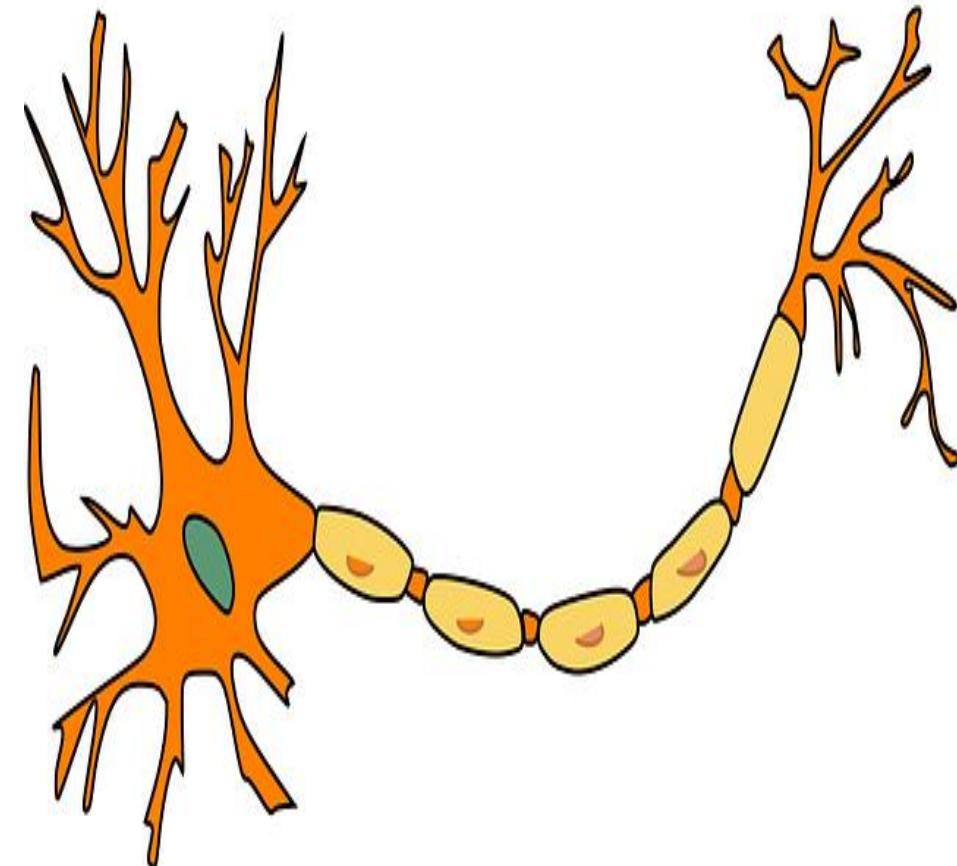
By Understanding

Nerve Conduction

Nerve Communication

and the function of the

Corpus Callosum



Neuroplasticity, Muscle Memory, Coordination and Creating Hope



Definition of Neuroplasticity

Creating New Neural Pathways and Brain Reorganization

Although Nerve Cells Die and
Nerve Cells are Damaged

We can **create** new Neural Pathways and
Brain Reorganization

Through repetitive mirrored movements
we can create new neural pathways and
connections

We Can Create Hope

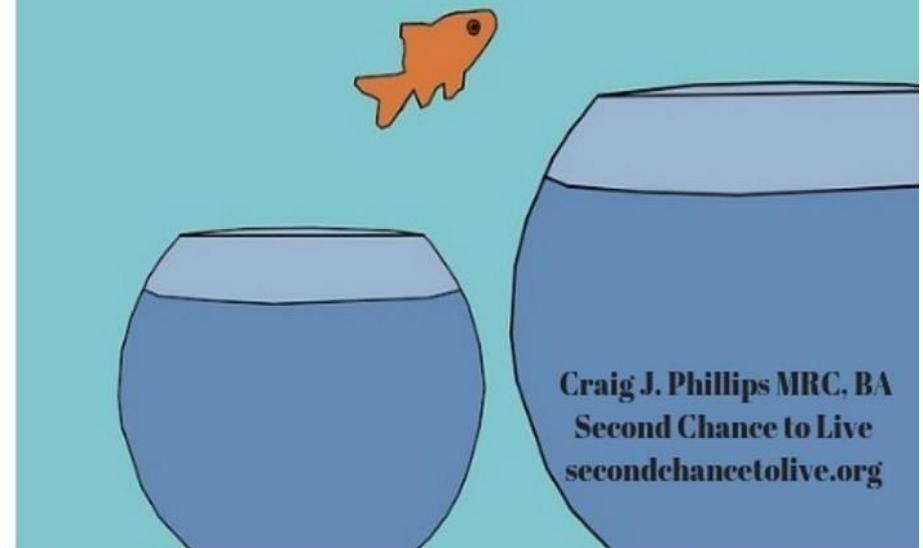
As healthy nerve cells reach out to and
connect with damaged nerve cells brain
reorganization occurs

"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

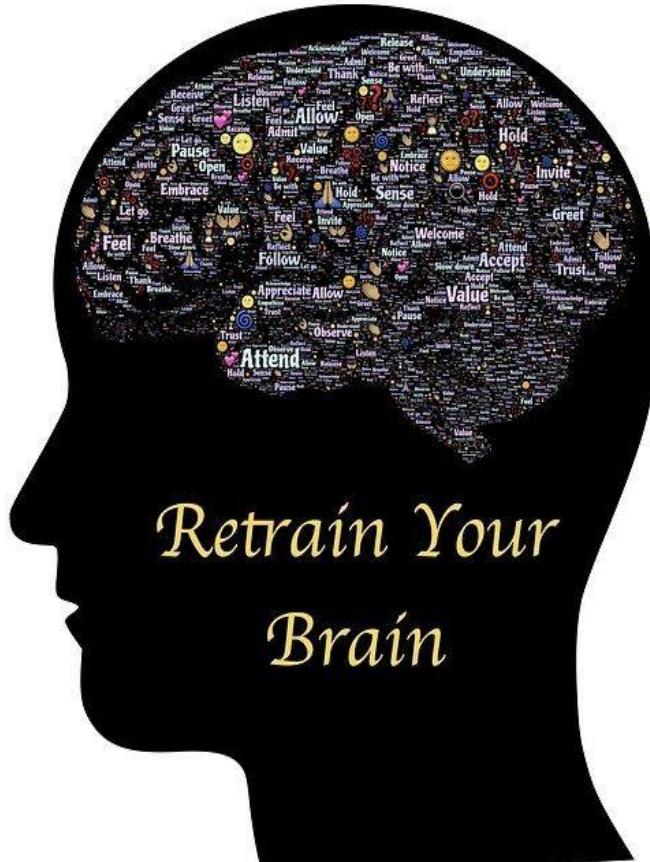
"Don't give up at half time. Concentrate on winning the second half." Paul Bryant



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The Good News is that Although Our Brain Have been Damaged

The Good News



Accepting the Limitations of our Brain Injury Does Not Mean we like “IT”

Accepting Our Brain Injuries Means that we Do not have to Be **Stopped by our **deficits** or **limitations****

“When we argue for our limitations, we get to keep them.” Evelyn Waugh

Accepting Our Limitations Gives Us the Ability to try Different Approaches

Accepting Our Limitations Gives us the Freedom to Find a Way that will Work for Us

Understanding Damage to the Right or Left Sides of Our Brain

Right and Left Sides of our Brain

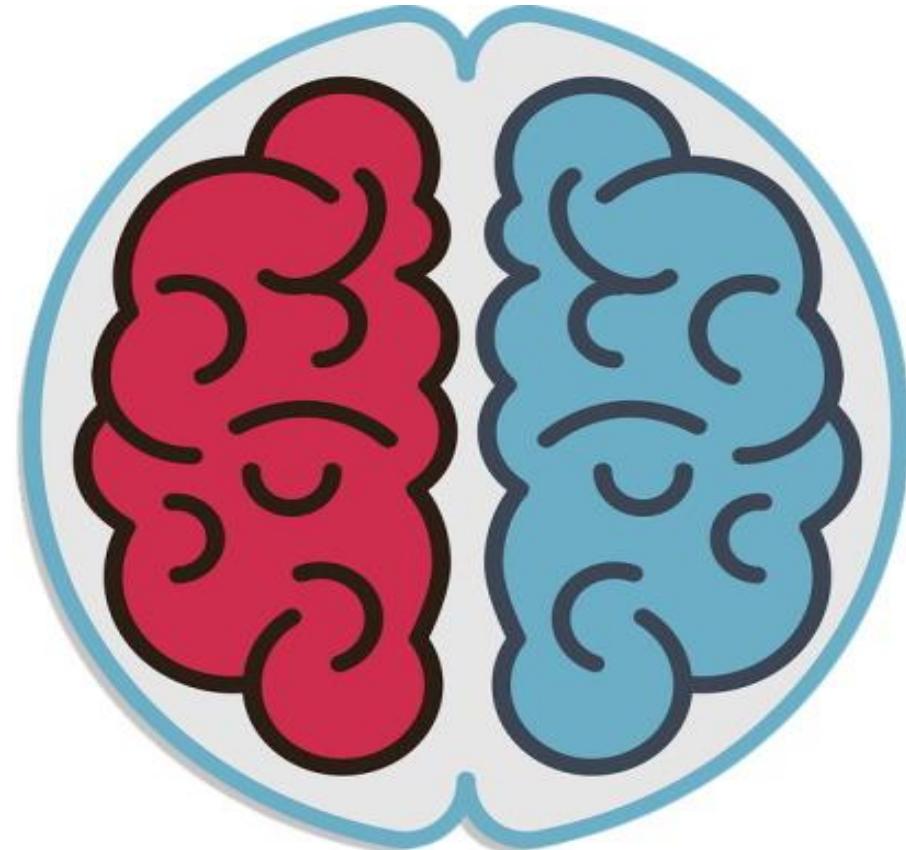
**We can Heal our Brain and Bodies
a little at a time**

**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**

**The Non-injured Side of Our Brain and
Body can Help heal the Injured Side of
our Brain and Body**

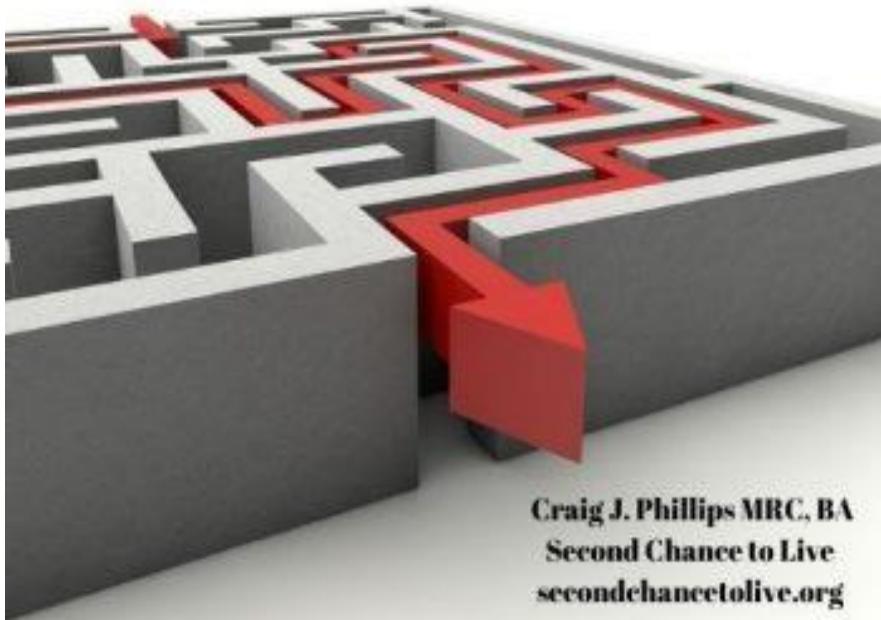
One movement at a time



By Exercising to Learn and/or Re-Learn Skills and Skill Sets -- One Skill and One Skill Set at a Time

Repetitive Mirrored Movements

**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**



By Engaging both Sides of our Brain and Body

Through the Corpus Callosum

Both Sides of our Brain and Body Communicate with one another as we engage in repetitive mirrored movements

One Side of our brain and body with the Other Side of our Brain and Body

Switching and performing the same movement (s) on both sides of our bodies

We are Free to Search for a Way to Improve Our Brain and Body Connection



Celebrating Small Successes

"Nothing in the universe can stop you from letting go and starting over." Guy Finley

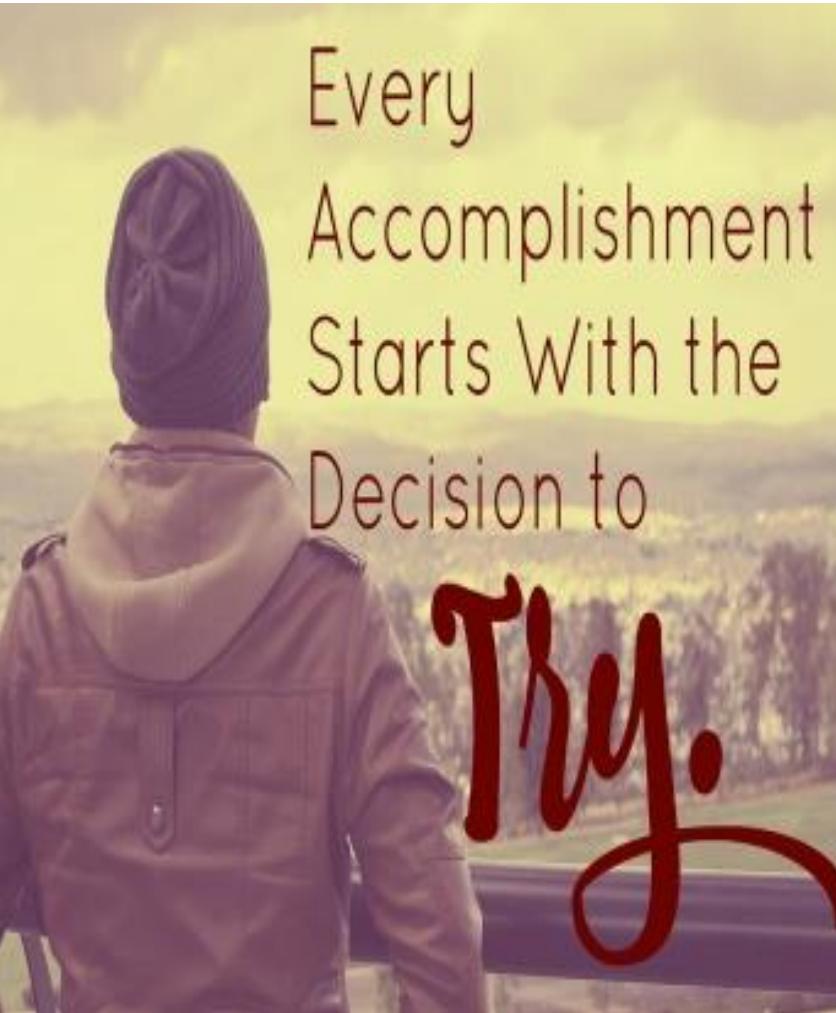
We are free to **Move beyond** what we may be led to believe about the limitations of our brain injury (diagnosis)

We are free to **Move beyond** what we may be led to believe about what we can accomplish (prognosis)

In the process we are free to stop judging our efforts. Stop judging our efforts as we seek to accomplish our goals and dreams.

Accomplish our goals and dreams a little at a time, one day at a time.

Moving in the Direction to Accomplish our Hopes and Dreams



Every
Accomplishment
Starts With the
Decision to

Try.

“We must let go of the life that we planned so as to accept the one that is waiting for us.” Joseph Campbell

We can work on accomplishing Our Hopes and Dreams one day at a time.

We can Work on creating Hope and Dreams One Skill and One Skill Sets

We can work on the Process and the Progress in Improving the Quality Our Lives, Well-beings and Relationships

“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

How Do You Eat an Elephant?



“You were born to win, but to be a winner you must plan to win and expect to win.” Zig Ziglar

Achieving Your Goal

One Bite at a Time

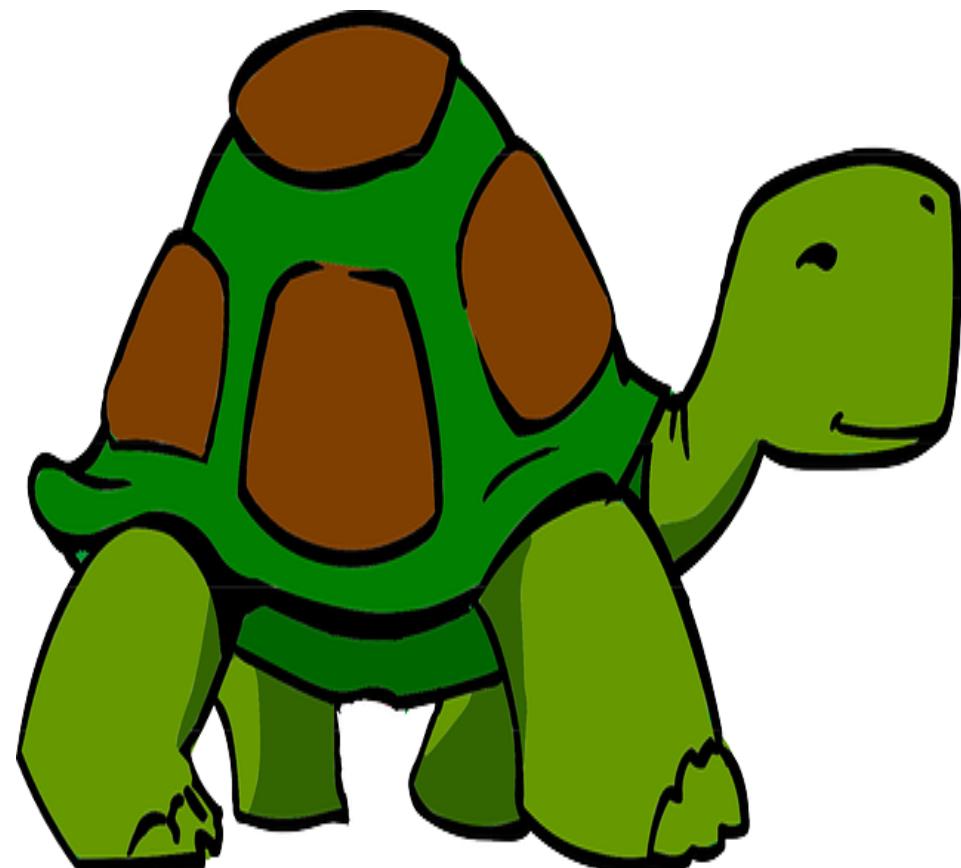
Don’t be Discouraged

So Keep Chewing

While Celebrating Small Successes

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

Little by Little We can Achieve What We never Dreamed Possible



**Fable of the Tortoise and the Hare
speaks Loudly – Don't Give Up!**

Celebrating Small Successes

Not Judging Our Efforts

Don't Listen to the Hares in Your Life

Running Our Own Race

Slow and Steady wins the Race

**“If you take responsibility for yourself,
you will develop a hunger to
accomplish your dreams.” Les Brown**

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 will be Making More Progress than you Realize, by starting and not giving up.

"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

Using the Principle of Gathering Ingredients and Baking Cakes to Achieve Goals

Life Goals

Activities of Daily Living

Gather Ingredients to Bake the Cake of Your Goals, whatever they may be...one goal at a time.

Combine Ingredients

One Skill and One Skill Set at a time

“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 in common hours.” Henry David Thoreau



My Process and Journey using the Principle of Neuroplasticity after Brain Injury



In 1997 I began training in martial art disciplines. Little did I know that I was in the process of healing my brain and body.

Healing my brain and body one skill and one skill set at a time through engaging in repetitive mirrored movements.

Healing my Brain and Body through Different Martial Art Disciplines

Click on the Link

[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

To Succeed in Life after my Brain Injury I needed to Stay Committed

**“You were born to win, but to be
a winner you must plan to win
and expect to win.” Zig Ziglar**

Plan

Prepare

Execute

Succeed

**Inch by Inch, life's a cinch, Yard
by Yard it's very hard**



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



Commitment

"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

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



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

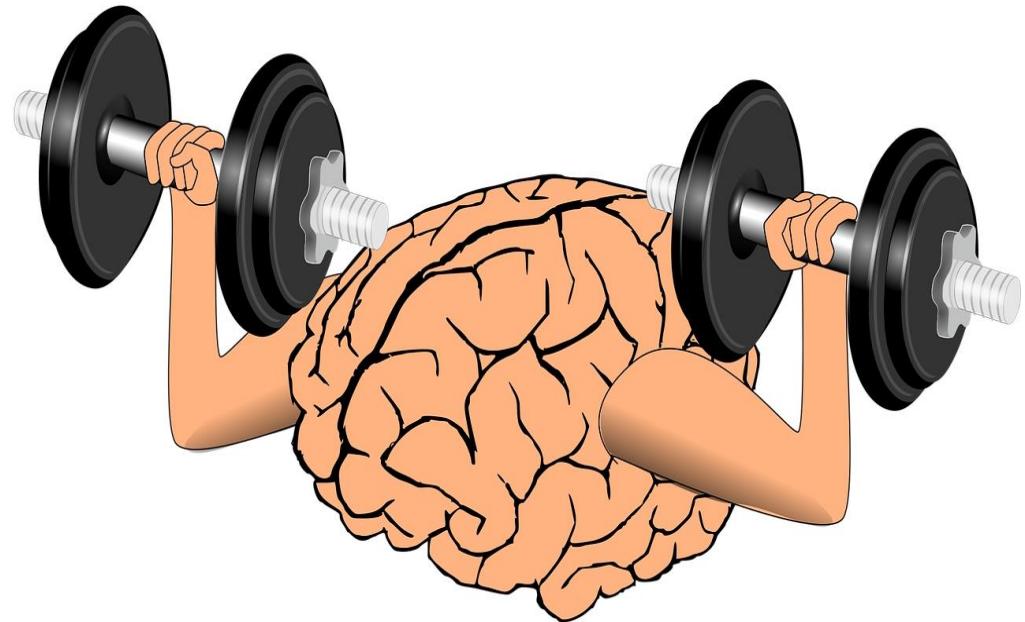
Discipline

“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

“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

Persistence

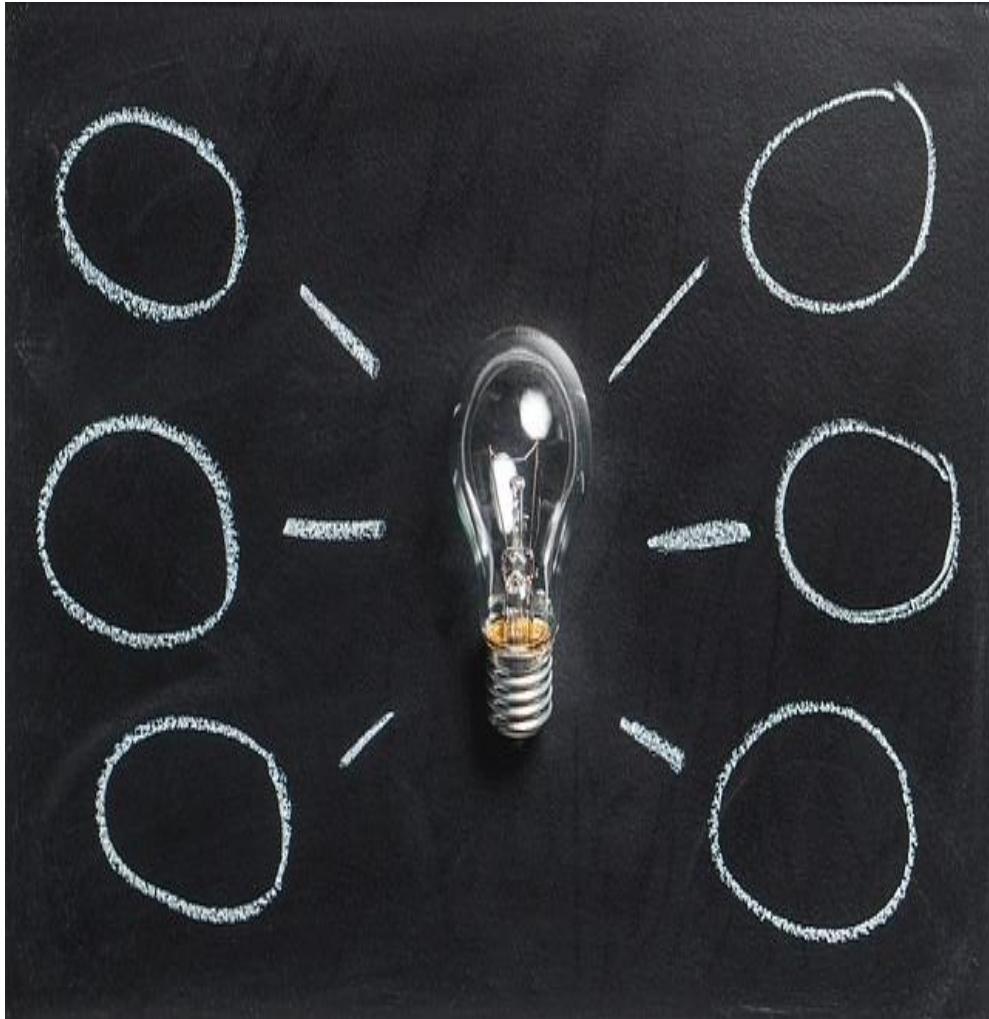
“the quality that allows someone to continue doing something or trying to do something even though it is difficult or opposed by other people” Merriam-Webster

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



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

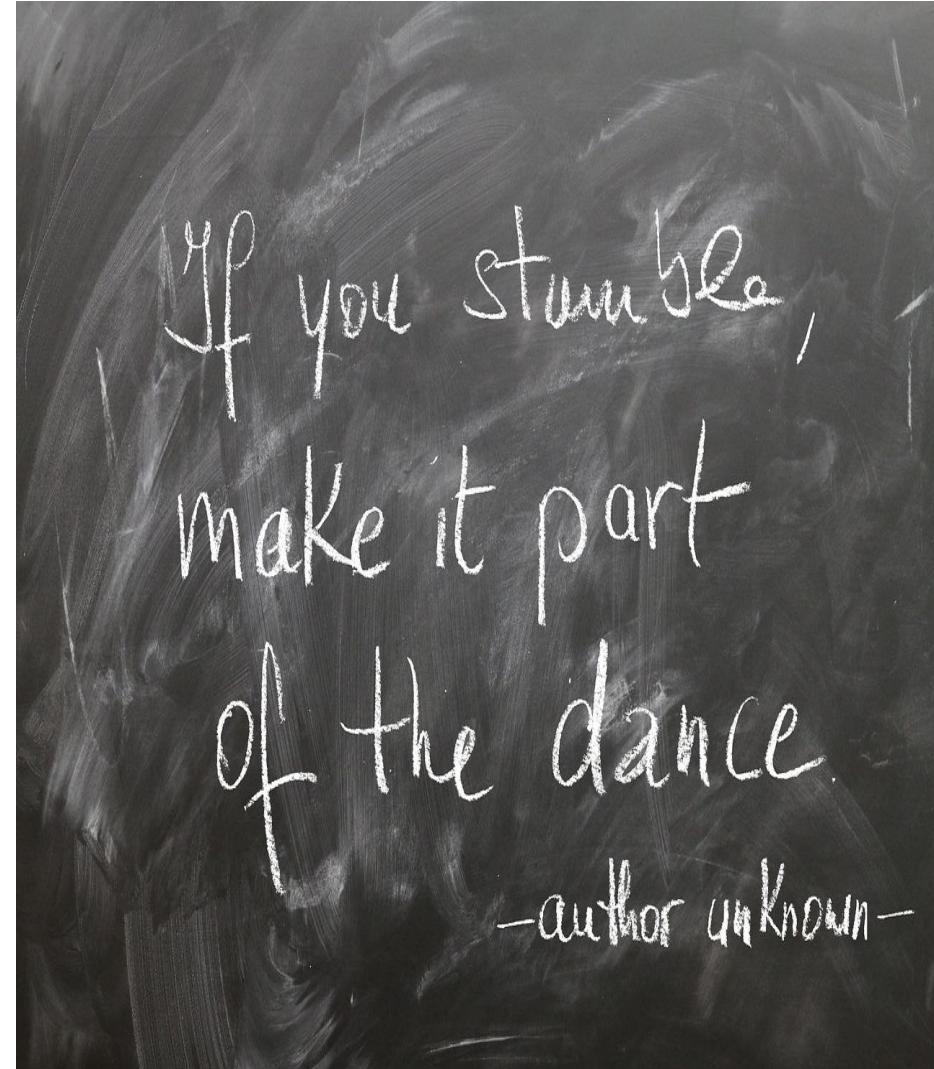
Ingredients of a Training Camp – Courage

Courage

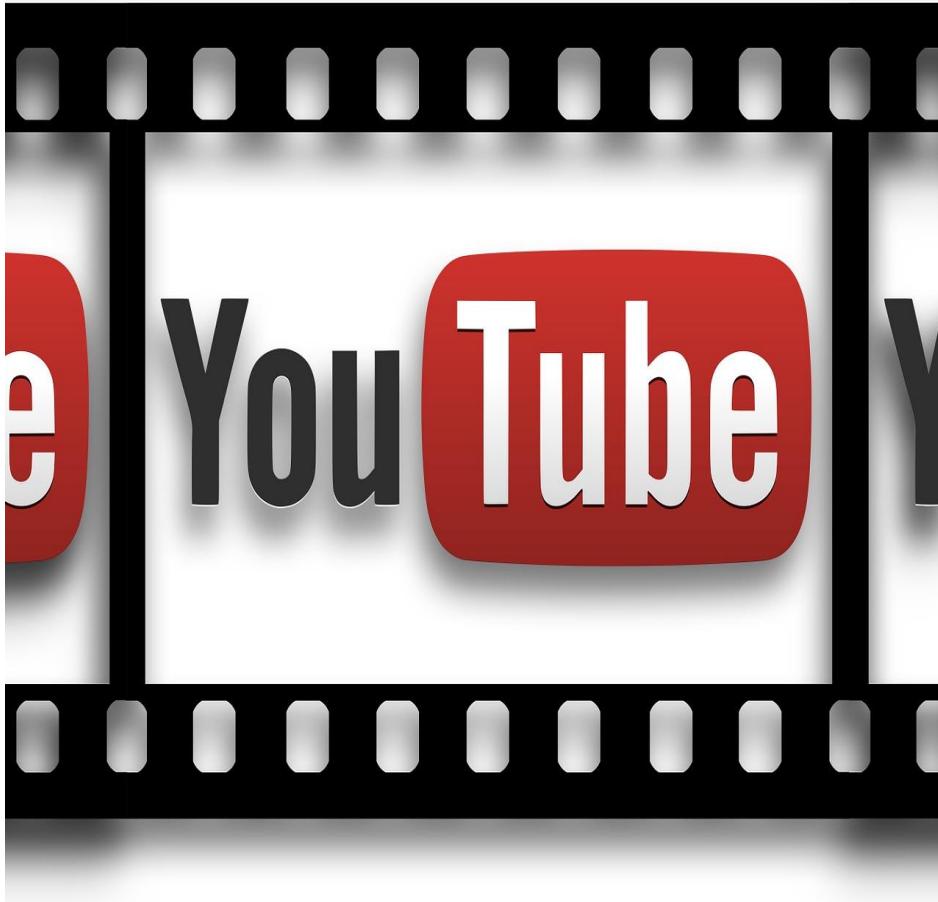
“The state or quality of mind or spirit that enables one to face danger, fear, or vicissitudes with self-possession, confidence, and resolution; bravery.” The Free Dictionary

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](#)