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
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
- 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 right after the Other Side
- Progress, not Perfection

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
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

“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

“Dreams do not vanish, so long as people do not abandon them.” Phantom F. Harlock
How Do You Eat an Elephant?

“You we 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. 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
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 something 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
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.

“For 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 Neuroplastity 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