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
Definition of Neuroplasticity -- As I Understand

It is creating new neural pathways and brain reorganization.

This occurs as healthy nerve cells reach out and connect to damaged nerve cells through their axonal terminals.

Axonal terminals of health nerve cells reach out to damage axonal terminals of damaged nerve cells.

This occurs over time and through ongoing repetitive mirrored movements. Movements that engage both sides of the brain and body.
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
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
The Riddle of “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 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.

By Combining 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

Muscle Memory and Coordination

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 & Wing Chun Drills
September 2, 2021

Full Body (upper and lower) Coordination drills Created February 14, 2022
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