

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

**Craig J. Phillips MRC, BA Second Chance to Live**

**After Our Brain injury**

**What Was Once Familiar**

**We May be Discouraged**

**Give Up on Our Hopes and Dreams**

**Focus on Symptoms, not On Solutions**

**Building Blocks of an Ongoing Recovery Process**

**A Brief Overview and Foundation for Our Time Together**

**Nerve Conduction**

**Communication**

**Corpus Callosum**

**Creating New Neural Pathways and Brain Reorganization**

**Nerve Cells Die**

**Damaged Nerve Cells are not Dead Never Cells**

**Healthy Nerve Cells connect to Damaged Nerve Cells**

**Connections between the Left Hemisphere and the Right Hemisphere**

**of Our Brain through the Corpus Callosum**

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

**Important to Understand**

**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**

**Which Side of You Brain was Damaged**

**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**

**Not Being Stopped**

**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 that Will Work for Me**

**Free to Move Beyond**

**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.**

**“I was told over and over again that I would never be successful, that I was not going to be competitive and the technique was simply not going to work. All I could do was shrug and say “We’ll just have to see”. Dick Fosbury**

## **Neuroplasticity, Muscle Memory, Coordination and Creating Hope**

### **Definition of Neuroplasticity**

**The ability for the brain to create new neural pathways and brain reorganization through repetitive mirrored movements**

### **My Encouragement to You as I Need to Remember**

#### **Start Now and Don’t Give Up**

#### **Set a Goal**

#### **Skills and Skill Sets**

#### **Improving the Quality of Your Life**

#### **Beyond a Diagnosis**

#### **Beyond a Prognosis**

**“Baby steps turn into miles when put together.” Craig J. Phillips MRC, BA**

## **Living Beyond Limitations one Skill and Skill Set at a Time**

### **Moving Beyond Limitations**

### **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**

**Let the Journey Begin**

**Repetitive Mirrored Movements**

**Both Sides of Brain Communicate**

**Start Slowly, but Don't Give Up!**

**Skills and Skill Sets**

**“Though no one can go back and make a brand-new start, anyone  
can start from now and make a brand-new ending.” Carl Bard**

**The Process Just takes Time, so Don't Give Up**

**Just Takes what it Takes**

**Achieving Your Goal**

**Don't be Discouraged**

**Elephant Riddle**

**Keep Chewing**

**Small Successes**

**“Nothing is a waste of time if you use the experience wisely.”  
Auguste Rodin**

**Little by Little We can Achieve What We**

**Never Dreamed Possible**

**Dream Possible – Stay Positive**

**Celebrating Small Successes – Inch by inch**

**Not Judging Our Efforts – Progress not perfection**

**Running Our Own Race, Staying in Our Own Lane**

**Tortoise and the Hare -- Slow and Steady wins the Race**

**“Believe in yourself, go after your dreams and don’t let anyone put you in a box.” Daya**

**“Not everyone will understand your journey. That’s okay. You’re here to live your life, not to make everyone understand.” Banksy**

**Although the Process May Seem Slow at Times**

**Have Fun with the Process**

**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**

**One Bite at a Time**

**Life Goals one “step” at a time**

**Gather Ingredients to Bake Your Cake**

**Combine Ingredients**

**One Skill and One Skill Set at a time**

## **And Keep Chewing**

**“Big things have small beginnings.” Prometheus**

**“Everyone is trying to accomplish something big not realizing that life is made up of little things.” Frank A. Clark**

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

**My Journey with Neuroplasticity Began**

**1997 Using Different Martial Art Disciplines**

**Muay Thai Kick Boxing, Western Boxing, Filipino Stick Fighting, Kali,**

**Jeet Kune Do and Wing Chun Drills**

**To Train and Develop through Endless Repetitive Movements**

**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**

**Born to Win and Succeed after a Brain Injury**

**Plan**

**Prepare**

**Execute**

**Succeed**

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

## **Plan, Prepare, Execute, and Succeed in Ways That will 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 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 our Well-beings One Day at a Time**

**Applying Diligence in the training camp of life after brain injury**

### **Ingredients of a Successful Training Camp -- 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 Successful 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 Successful 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 Successful 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 Successful 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 Successful 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 Successful 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 Successful 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 Martial Art Disciplines over the Years**

Friends helped me to show and document the progress made  
through demonstrations using repetitive mirrored movements.

**Below are Links to Demonstrations of my Ongoing Use of  
Endless Mirrored Repetitions on Both Sides of my Body**

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**

**Due to a shoulder injury and then Covid, I was unable to create a demonstration in 2019 and in 2020.**

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