

Title: Sisu To A New You: Self Help Plan for Concussion/mTBI

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Sisu (both noun and verb) is a Finnish word that loosely translates to having perseverance, integrity, and tenacity when faced with life's most significant challenges with an emphasis on short term emphasis, action mindset, and a concept that is emerging in the field of positive psychology. Literature in concussion/mTBI therapy including John Leddy's April 2019 study regarding concussion and submaximal exercise crossed with the Emilia Lahti's research on sisu provides the basis of this unique cultural-based self help plan. The polarity of pre-brain injury capacity and post-brain injury capacity provides a basis for change.The inspiring elements of this plan are:

- Sisu requires confronting your challenges.
- Sisu is finding enjoyment in discomfort.
- Sisu demonstrates exercise/training is medicine.
- Sisu involves the role of reflection.
- Sisu is learning and reason informed.
- Sisu is making connections and strengthening relationships (including asking for help.)
- Sisu is finding balance and purpose, visioning, and doing.

Biography

Kelly Thune, B.S. Biology, M.A.T Science Education., C.A.S. Education Leadership, Syracuse University brings expertise in the area of school leadership, developing collaborative cultures for change, STEAM/STEM initiatives, designing optimal learning environments, personal and professional transformation, and yoga for brain injury. In her role as a school leader, she was credited **2013 ESSAA NYS Zone 5 Administrator of the Year, 2013 NYSSBA Be The Change for Kids Innovation Award, 2013 PEB STEM Program of the Year Award and 2010 NYS ASCD Educating the Whole Child for the 21st Century Award.** In 2017, she suffered a second and significant brain injury that was the impetus of learning and advocating for brain injury. She is an advocate and presenter for the New York State Brain Injury Association. She has written a book Sisu To A New You that is currently in the edit phase of publishing. sisutoanewyou.com.