Survivorship Series: A Guide To Loving Your Life with a Brain Injury

During Recovery and Beyond, Through the Power of Positivity

James "Jimmy Jam" Durham
Traumatic Brain Injury Survivor,
Former TIRR Memorial Hermann Patient,
Founder of TBI One Love,
Ziglar Legacy Certified Trainer,
Motivational Speaker and Radio Host

TBI OneLove

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Rehabilitation & Research

Disclaimer

- The topics covered by this survivorship webinar are based on a single patient's opinion and are meant to support additional TBI survivors throughout their journey
- These are not clinically-based conclusions

Keys to Surviving and Creating a Positive Mind and Life with a TBI

- You survived!
- You will continue to survive
- You will improve
- You will endure
- Success depends upon you staying positive
- Happiness is possible
- Your life is a gift

Find a Purpose

- There's a reason why you are still here
- You have a purpose
  - It may not be clear at this time
  - Recovery is a process
- Starting from scratch
  - You have a second chance at living
  - The next phase of your journey is now
  - Improve, heal and be fulfilled
- You will continue
  - There is a beginning, a middle and an end

Endurance,
Going the Distance, Creating Positivity

- Find at least one positive thing each day
- Accomplish one thing each day
- Take one day at a time
  - Don’t be overwhelmed by the future
- Looking back on your success
  - Focus on the days since the injury and how much you’ve accomplished
- Create small goals that are accomplishable
- Look around, you are not alone!
- Each day is a new beginning
  - What will today bring?
- Let go of the negativity forces and people in your life
  - They will “disable” all your are trying to enable
- Believe!
  - What you believe, you can achieve

A New Focus, Create It

- Begin to see advantages not disadvantages
- Find gratitude in all things
  - Both big and small
  - Remember it's the little things that count
- Celebrate your "new normal"
  - Find excitement in the "firsts" you make again
  - Find acceptance with you new life and purpose
- You are unique
  - Every injury is different and so too the person
- Give kindness
  - A smile or positive gesture
  - Remember you get what you give
- See the gifts
  - Once you see one you, begin to see them all
  - Remember today is a gift that's why they call it the present

Set Goals, All Sizes Welcome

- Believe in the possibilities
  - Your hopes and dreams
- Write your goals down
  - Talk about them
  - Say them out loud!
- Divide and conquer
  - Take one goal at a time
- Appreciate the accomplishments
  - When a goal is achieved celebrate!
- The end result is the same
  - No matter how long it takes you to get there the results are the same
  - Goal achieved!

Accept Help, Then Give Help

- You are not alone and at times will need help
  - Ask for help without guilt or embarrassment
  - Do not be afraid
  - Don’t deny yourself help
  - Help can speed up your recovery, enabling your abilities
- Pay it forward
  - Helping others will provide a sense of contribution
  - Even a kind word can help others
- Your limitations may be temporary
  - So the help you need now you may not need later
- Be grateful
  - Say thank you when you are given a compliment
  - You are worthy so take a second to hear it
  - Even for something you still aren’t accepting

Support, Find and Build Your Team

- Identify and then build a support team
  - At home, work, school, community
  - Trusted relationships
- Find resources
  - Support groups
  - Online communities
  - Friends, family coworkers
  - A network of survivors who can relate
- Know your abilities
  - Sets your support team up for success
- Let go and accept changes
  - Accept changes within the members of your support team
- Be open to others
  - Who you surround yourself with determines your attitude, your successes and happiness
  - Should others want to join your support team be open to it
- Use tips and tools
  - Physical, cognitive, emotional
  - Including equipment

Reflect,
You made it!

- You have a second chance at life!
- You may have re-trained and replace the negative with the positive
- You are an inspiration
  - Tell your story
  - Change the lives of others
  - The ripple effect
- Look back
  - Reflect with gratitude and appreciate all of your achievements since your injury
  - Review the goals accomplished
- Set future goals now
  - Next set of hopes and dreams
  - Write them down, know them
  - Start with one now

Set New Goals, What's Next

- Establish your next set of goals
  - Or the steps to a larger one
- Utilize modifications or accommodations
  - Don't be afraid of modifications or special accommodations to achieve your new goals
  - All roads lead you to the same place
- You are able!
  - School, work, home, community, self-development
  - It may take a different approach, some more time or extra help but your are always able
  - Your new skills can determine your success
  - The choice is yours to survive, sustain and succeed
  - You can love the life you live!

Overall Tips for Survivors, Success for Living Your New Life

- Keep it healthy
  - Your fitness level and sleep can determine your outcomes
  - Pace yourself
- Communication is key
  - Be sure to inform, meet, discuss and speak with medical team
  - Including physicians, clinicians, educators, anyone overseeing the medical aspects of your brain injury
- Ask questions
  - Ask questions, repeat the understanding back
- Take notes
  - Use your smart phone, electronic devices or any tools to help you garner the information correctly
- Ask for a break
  - If you reach your limit ask for a break
  - Take a second to walk, rest or have a snack
- Inform others
  - Tell others that you come in contact with that you have sustained a brain injury
  - Be honest
  - You will see a “wow” response
- Ignore the negative
  - Negative responses, interactions etc… will have an impact and will close doors



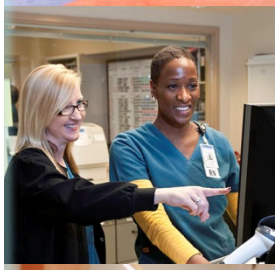













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