

AGENDA

- ◆ Understanding TBI
- ◆ Post Concussion Syndrome Effects
- ◆ Brain Plasticity
- ◆ Wellness Model, Solutions & Exercises
- ◆ Summary
- ◆ Questions & Answers

UNDERSTANDING TRAUMATIC BRAIN INJURY (TBI)

- ◆ Critical health & socio-economic problem
- ◆ Often dismissed as mild
- ◆ Often not followed up
- ◆ Affects long-term physical, cognitive, emotional
- ◆ Research decades behind other diseases

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CHARACTERISTICS OF POST-CONCUSSION SYNDROME

- ◆ Transient symptoms:
 - ◆ Headache, fatigue, anxiety, vertigo, light sensitivity
 - ◆ Emotional lability, dizziness, blurred vision, tinnitus,
 - ◆ Chronic fatigue, and
 - ◆ Cognitive problems: impaired memory, attention, & concentration.
- ◆ Delayed symptoms: confusion, irritation, anxiety, sleep pattern changes, behavioral or mood changes.
- ◆ Some, like white fuzz, are difficult to explain

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DOUBLE VISION

Most children have no idea how they are supposed to see. So when words look like this, they assume everyone sees the same way they do. Imagine how frustrating that would be.

BLURRED VISION

20/20 vision

Blurred vision

H	H	H	H
EZ	EZ	EZ	EZ
LPOT	LPOT	LPOT	LPOT
DAFV	DAFV	DAFV	DAFV
NEUC	NEUC	NEUC	NEUC
VACB	VACB	VACB	VACB
HLOPS	HLOPS	HLOPS	HLOPS
ZFDAX	ZFDAX	ZFDAX	ZFDAX

PERCEPTUAL FUNCTION



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EXPERIENCING TRAUMATIC BRAIN INJURY EFFECTS

Central Vision Loss



Peripheral Vision Loss



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THE 6 DIMENSIONS OF WELLNESS MODEL



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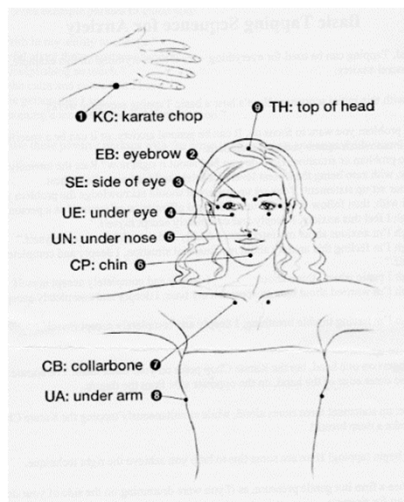
EMOTIONAL WELLNESS SOLUTIONS

- ◆ Why emotional wellness
- ◆ Notes from the universe
<http://www.tut.com/Inspiration/nftu/>
- ◆ Post-its with positive thoughts
- ◆ Stress Reduction
 - ◆ Yoga
 - ◆ Meditation – body scan
 - ◆ Guided Imagery – Bubble – Your Special Place
 - ◆ Tapping
- ◆ Coping Skills
 - ◆ Creativity
- ◆ Everything can be done differently
 - ◆ Resilience not Return

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PRIMITIVE REFLEX – FEAR & ANXIETY TAPPING EXERCISE

- ◆ Identify the problem
 - ◆ General anxiety or specific issue
- ◆ Consider the problem
- ◆ Compose set up statement
 - ◆ Even though I am dizzy, I completely accept myself
- ◆ Perform Tapping Setup
 - ◆ Start with Karate Chop Point
 - ◆ Repeat the statement 3 times
 - ◆ Start at top of head...



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ACTIVITIES AND TIPS TO ENHANCE CREATIVITY

- ◆ Begin small ~ Take risks
- ◆ Do things differently
- ◆ Concentrate more intensely
- ◆ Meditation & guided imagery
- ◆ Mental rehearsal ~ Positive talk
- ◆ Be spontaneous & adventurous
- ◆ Role-playing ~ Put your life in balance
- ◆ Journaling

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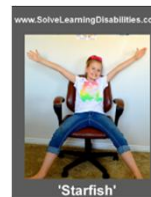
PHYSICAL WELLNESS SOLUTIONS

- ◆ Sleep
 - ◆ 7-8 hours per night
- ◆ Exercises
 - ◆ Walking
 - ◆ Yoga
 - Easy Does It Yoga for Older People*
 - ◆ Primitive Reflexes
- ◆ Physical and Visual Therapies

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PRIMITIVE REFLEX (MORO) - STARFISH

- ◆ Lay on back
- ◆ Lift legs off floor with knees bent
 - ◆ Cross the legs with right leg on top
 - ◆ Put left hand across chest gripping right shoulder
 - ◆ Put right hand across chest gripping left shoulder
 - ◆ Lift head & look at hands
- ◆ Open up so arms & legs are fully extended out
 - ◆ Eyes looking at ceiling
 - ◆ Move legs and arms at same time
- ◆ Repeat movement 5-10 times



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PRIMITIVE REFLEX (MORO) - BUG

- ◆ Beginning Position: Variation I Same
 - ◆ Lie on floor on back
 - ◆ Raise forearms & legs so that upper arms and thighs are perpendicular to the floor
 - ◆ Bend knees
- ◆ Extend right forearm & right leg upward
 - ◆ Neither bent, pointing to ceiling
- ◆ Repeat left forearm & left leg upward
- ◆ Return to starting position



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INTELLECTUAL WELLNESS SOLUTIONS

- ◆ You are not what happened to you,
you are who you choose to be
- ◆ Resilience not Return
- ◆ Your mind lies to you
- ◆ Apps
 - ◆ Set Mania
 - ◆ Dots
- ◆ Mindfulness
 - ◆ Metronome

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MINDFULNESS

"Mindfulness is about being fully awake in our lives. It is about perceiving the exquisite vividness of each moment." - Jon Kabat-Zinn

- ◆ Improves mental & physical health
- ◆ Involves both concentration & acceptance.
- ◆ It takes practice
- ◆ Learning to stay in the present

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LEARNING TO STAY IN THE PRESENT

- ◆ Bring attention to your body sensations
 - ◆ Are you warm or cold
 - ◆ How does your body feel
- ◆ Breathe
 - ◆ Notice sensations of inhalation
 - ◆ Notice sensations of exhalation
- ◆ Proceed with task at hand with full deliberation
- ◆ Engage your senses fully
- ◆ If your mind wanders, gently bring your attention back

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SPIRITUAL WELLNESS: BEING LIKE A BUTTERFLY

- ◆ Journaling
- ◆ Yoga
- ◆ Prayer
- ◆ Belief
- ◆ Meditation
- ◆ LAUGHTER



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SOCIAL WELLNESS SOLUTIONS

- ◆ Be active socially, don't hide
- ◆ Accept help

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CONDITIONS FOR ENHANCING HEALING

- ◆ **ATTEND** to what's going on around you
- ◆ **INTEND** to act upon what motivates you
- ◆ **SUSPEND** practicality & entertain a new possibility
- ◆ **EXTEND** beyond your normal limits & take a bold step forward
- ◆ **CONNECT** in a new way, step out of the box

“There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle. “

- *Albert Einstein* -

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QUESTIONS



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