

Brain Injury

What you
see

You look
fine

What you
don't see

Fatigue
Headache
Visual problems
Difficulty processing
Memory problems
Can't concentrate
Coordination issues
Sleep disturbance
Loss of motor skills
Emotional lability
Personality changes
Sensitivity to noise
Impulsivity
Irritability
Confusion

The brain injury illusion.



Brain injury survivors are some of the strongest, most amazing, most brave and insightful individuals. They have survived what should have killed them.

Many brain injury survivors spend the rest of their life trying to regain what had been lost because of their injury. They are forced to deal with the physical, psychiatric, psychological, emotional and behavioral effects of the damage to their brain. They are abandoned by a society that sees them as "fine". They are isolated by family, friends, co-workers and others who have no idea the extent of the challenges that they live with daily.

We must change the way the world perceives brain injury by continuing to raise awareness and by educating others.

~J

ARE YOUR DAILY HABITS TOXIC TO YOUR BRAIN'S HEALTH?

HARMFUL

TIED TO TECHNOLOGY

MULTITASKING

INFORMATION OVERLOAD

CRUISING ON AUTOPILOT

HELPFUL

BRAIN DOWNTIME

SEQUENTIAL TASKING

PRIORITIZING

INNOVATION

www.chennaibrainandspine.com



WHO AM I?

Who Am I?

*I look in the mirror and it still looks like me,
but it doesn't feel like me.*

Who I am?

Who is this empty person who looks like me?

I have days where I can barely get out of bed.

Thoughts keep flashing through my head.

Fuck why won't it stop?

Get up!

Get over it!

Just pull yourself together!

Ahhhh, what is wrong with me?

My family doesn't get me.

They don't hear me. They only see the outside.

The shell who looks like me.

Where is the person who occupied this empty shell?

I know I'm still in here, beneath the pain and despair.

I'm stuck in hell.

This hell inside my own head.

Still living in the past, but the past is right now.

I can't make it stop. No matter how hard I try.

I am broken and shattered.

Who Am I?

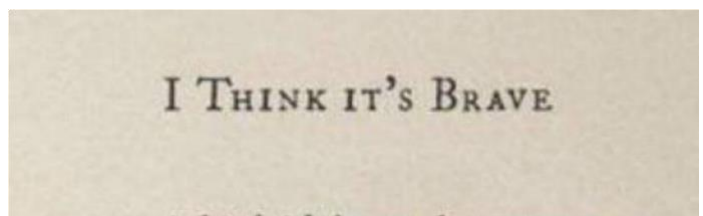
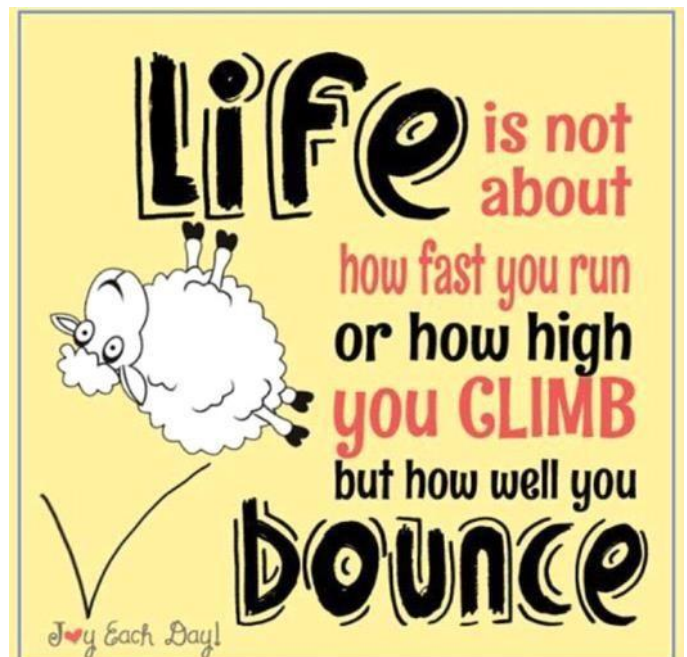
By Shawn J. Gourley militarywithptsd.com

If you feel like you're losing
everything, remember that trees
lose their leaves every year and
they still stand tall and wait for
better days to come.



Telstra Wi-Fi Call 11:43 pm 93%
brainline.org

The absolute hardest thing that you can



The absolute hardest thing that you can imagine going through!! Unbelievably frustrating and isolating.

—Chelsea

Learning to live in a brain that sometimes feels like it belongs to a stranger.

—Sharon



Forgetfulness and a total personality change.

—Dana

Scary. Frustrating. Annoying. Funny at times ... sometimes I feel rather than get frustrated about one of my deficits. It's better just to laugh about it.

—Sonia

Limiting, difficult, having to "relearn" things you thought you already knew.

—Justin

Devastating. Exhausting. Widely misunderstood.

—Jules

Scary. I look the same but I feel like someone else.

—Ann-Michel

Did you know...
It takes up to 5 times more energy for a person with a brain injury to complete even the most simple task than it does for a person without a brain injury.

Imagine getting lost in a maze permanently. That's what brain injury feels like. I hope one day to

i think it's brave that you get up in the morning even if your soul is weary and your bones ache for a rest

i think it's brave that you keep on living even if you don't know how to anymore.

i think it's brave that you push away the waves rolling in every day and you decide to fight

i know there are days when you feel like giving up but i think it's brave that you never do

—Lana Rafaela

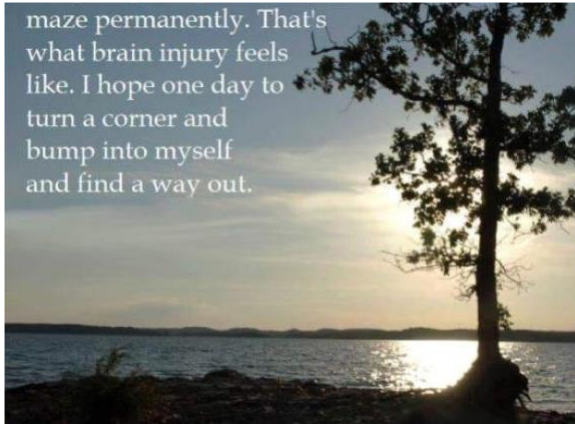
"A successful man is one who can lay a firm foundation with the bricks others have thrown at him."

- David Brinkley

Take a shower, wash off the day. Drink a glass of water. Make the room dark. Lie down and close your eyes. Notice the silence. Notice your heart. Still beating. Still fighting. You made it, after all. You made it, another day. And you can make it one more. You're doing just fine.

-Charlotte Eriksson

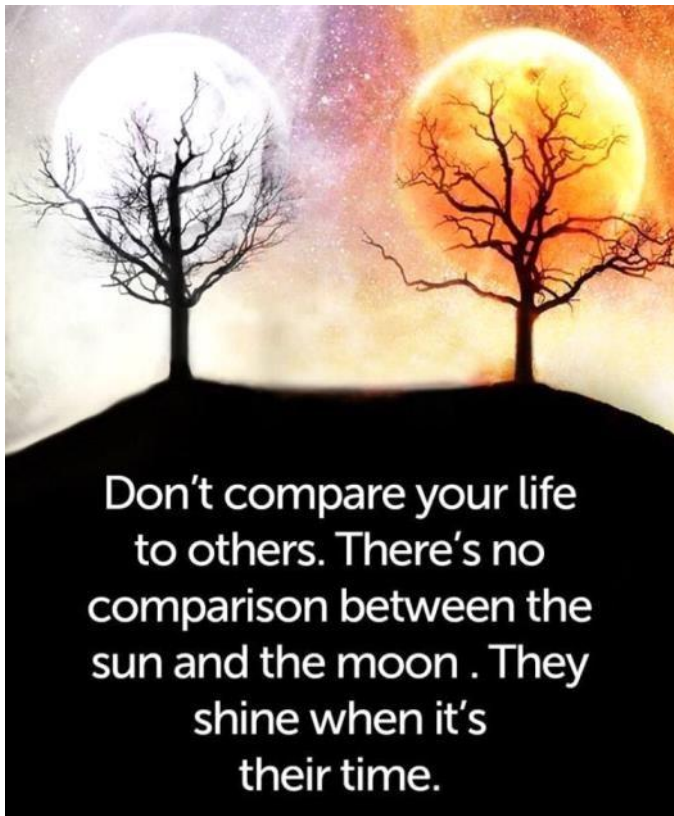
maze permanently. That's what brain injury feels like. I hope one day to turn a corner and bump into myself and find a way out.



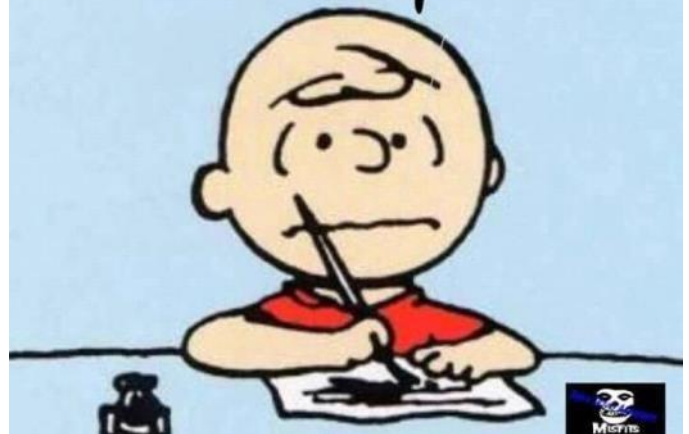
-Charlotte Eriksson



Don't compare your life to others. There's no comparison between the sun and the moon . They shine when it's their time.



Damnit, I really had my heart set on waking up recovered today.



**I came, I saw, I forgot
what I was doing, retraced
my steps, got lost on the
way back, now I have no
idea what's going on.**

PLEASE

**TRY NOT TO JUDGE
HOW SOMEONE
IS DEALING WITH
A PAIN YOU
HAVE NEVER
EXPERIENCED.**



**I Have a Brain Injury.
But You Would Never Know by Looking at me.**

brain injury is...invisible.
brain injury is...silent.
brain injury is...lifelong.



If you can't think of a word say "I forget
the English word for it". That way
people will think you're bilingual
instead of an idiot.

**"TBIs are the HARDEST thing to
go through. Be thankful that we've made
it this far when people said we couldn't."**
-Hannah, TBI Survivor

*Use your past experiences to build character , the good stuff will
outweigh the bad, but you'll never reach that point unless you let go
and move to a positive state of mind, and learn and grow as it will
make you strong, The Journey Between who you once were and who
you are now becoming is where the Dance of life really takes place
light and love And Self-Empowerment , Positive thinking is great is a
great way to grow,after Brain Injury*

FB/Sue Fitzmaurice, Author
www.SueFitzmaurice.com

**Not to brag
or anything
but I can forget
what I'm doing
while I'm doing it.**

FIVE BEST MEMORY BOOSTING FOODS

#5 Avocados

This healthy monounsaturated fat increases blood flow to the brain. That means more oxygen getting to those parts of your brain that help you to think and to remember details.



#4 Apples

Apples could have dementia-fighting qualities. Vitamin C is a known factor in the reduction of Alzheimer's.



#3 Dark Chocolate

Dark chocolate reduces inflammation and may help prevent oxidation in the brain, which is the precursor to many neurological diseases.



#2 Green Tea

EGCG protects the brain. It lowers the amount of protein that builds up as plaque linked to memory loss and nerve damage.



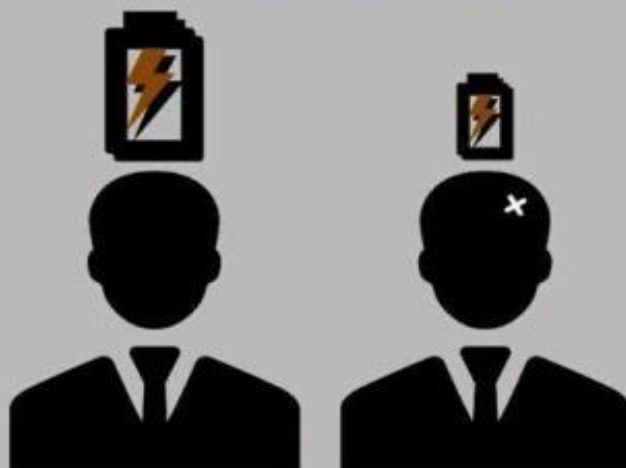
#1 Blueberries

Nutrients packed in these berries help reverse age-related problems in the area of brain function, improve learning, motor skills, and vision.



www.undergroundhealthreporter.com

SIZE MATTERS



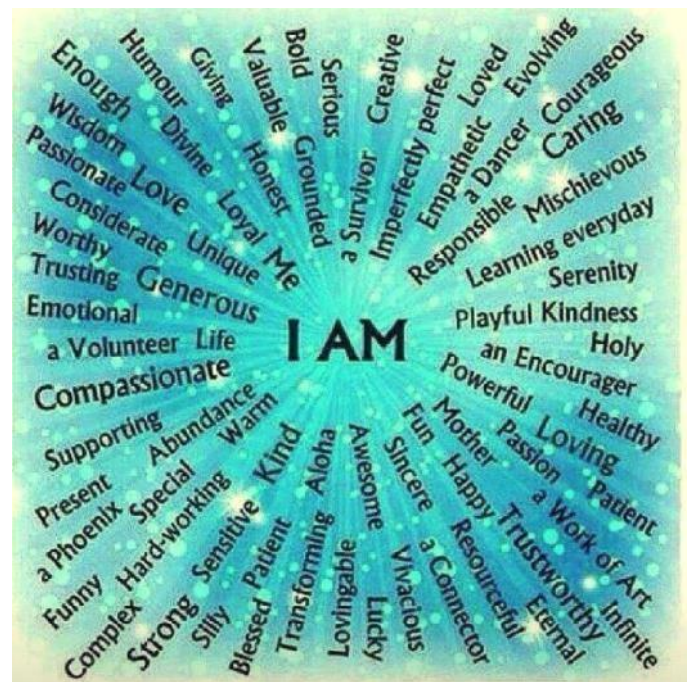
★ THE AVERAGE PERSON HAS A BATTERY PACK
OF 15 HOURS PER DAY
THE AVERAGE PERSON WITH A BRAIN INJURY
HAS A BATTERY PACK OF 4 HOURS PER DAY.



IT FEELS LIKE MIDNIGHT!



It's 5:27 p.m.



A Prayer for the Caregiver

by Bruce McIntyre


Unknown and often unnoticed, you are a hero nonetheless.
 For your love, sacrificial, is God at his best.
 You walk by faith in the darkness of the great unknown,
 And your courage, even in weakness, gives life to your beloved.
 You hold shaking hands and provide the ultimate care:
 Your presence, the knowing, that you are simply there.
 You rise to face the giant of disease and despair,
 It is your finest hour, though you may be unaware.
 You are resilient, amazing and beauty unexcelled,
 You are the caregiver and you have done well!

To protect your energy...
It's okay to cancel a commitment.
It's okay to not answer a call.
It's okay to change your mind. It's
okay to want to be alone. It's okay
to take a day off. It's okay to do
nothing. It's okay to speak up.
And It's okay to let go.



Never regret a day in
your life: good days give
happiness, bad days give
experience, worst days give
lessons, and best days
give memories.



the most authentic thing
about us is our
capacity to **Create**,
to **overcome**,
to **endure**,
to **transform**,
to **LOVE**  and to be
greater than our Suffering.



Ben Okri

Yes, I do have a job.

*MY JOB IS TO TAKE CARE OF MYSELF AND
TRY TO GET HEALTHY.*

BEFORE

Understanding
Brain Injury

AFTER



Some days are better,
some days are worse. Look
for the blessing instead
of the curse. Be positive, stay
strong, and get enough rest.
You can't do it all, but you
can do your best.

