



GETTING W/T GETTING UP ... MOVING BEYOND

JUNE 26, 2020.



13 KEYS TO RE-EMPOWERMENT DURING THE COVID CHALLENGE

1 ACKNOWLEDGE
WHAT IS HAPPENING

2 FOCUS
ON THE
ABILITY

3 LIVE YOUR LIFE
TO THE FULLEST

4 BE YOUR OWN ADVOCATE

5 TRUST THE PROCESS
BE CREATIVE

6 THRIVE!
YOUR SUPPORT TEAM

CHAT

IT'S ABOUT RESILIENCE, NOT WHAT HAPPENS TO YOU.

I'VE LEARNED THAT TBI & RECOVERY PREPARED ME FOR COVID ISOLATION

I LEARNED TO TAKE BETTER CARE OF MYSELF.

FOCUS ON WHAT YOU WANT NOT WHAT YOU DON'T WANT

- POSITIVES:
- GARDENING
 - READING
 - GAMES
 - KIND ACTS
 - MOTORCYCLE

PRACTICE MINDFULNESS.

I ACCEPT MY ANXIETIES & FIND PEACE.

HOW FORTUNATE I AM, NOT WITH MY TBI, BUT BECAUSE OF MY TBI.

A LAMP TO MY FEET AND A LIGHT TO MY PATH.

ABSOLUTELY STAY POSITIVE EVERY DAY!

STAY PHYSICALLY SEPARATE & EMOTIONALLY CLOSE.

7 MOVE INTO THE WORLD SAFELY

8 ASK FOR HELP PLEASE

9 COMPENSATE COMPENSATE COMPENSATE

10 LOOK FOR ALL/ANY SILVER LININGS

11 HELP OTHERS HELP YOURSELF

12 CHOOSE YOUR JOURNEY

13 RESILIENCY SURVIVE & THRIVE

"Everything changes. This is both beautiful & tragic. Set aside some time to celebrate the gifts & grieve the losses."
RANDY KRZMARZICK
WWW.SLEEPFYE.ONLINE.COM

> www.braininjuryhopefoundation.org <

"I think when the dust settles we will realize how very little we need, how very much we actually have, and the true value of human connection."
LITTLE BUDDHA

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