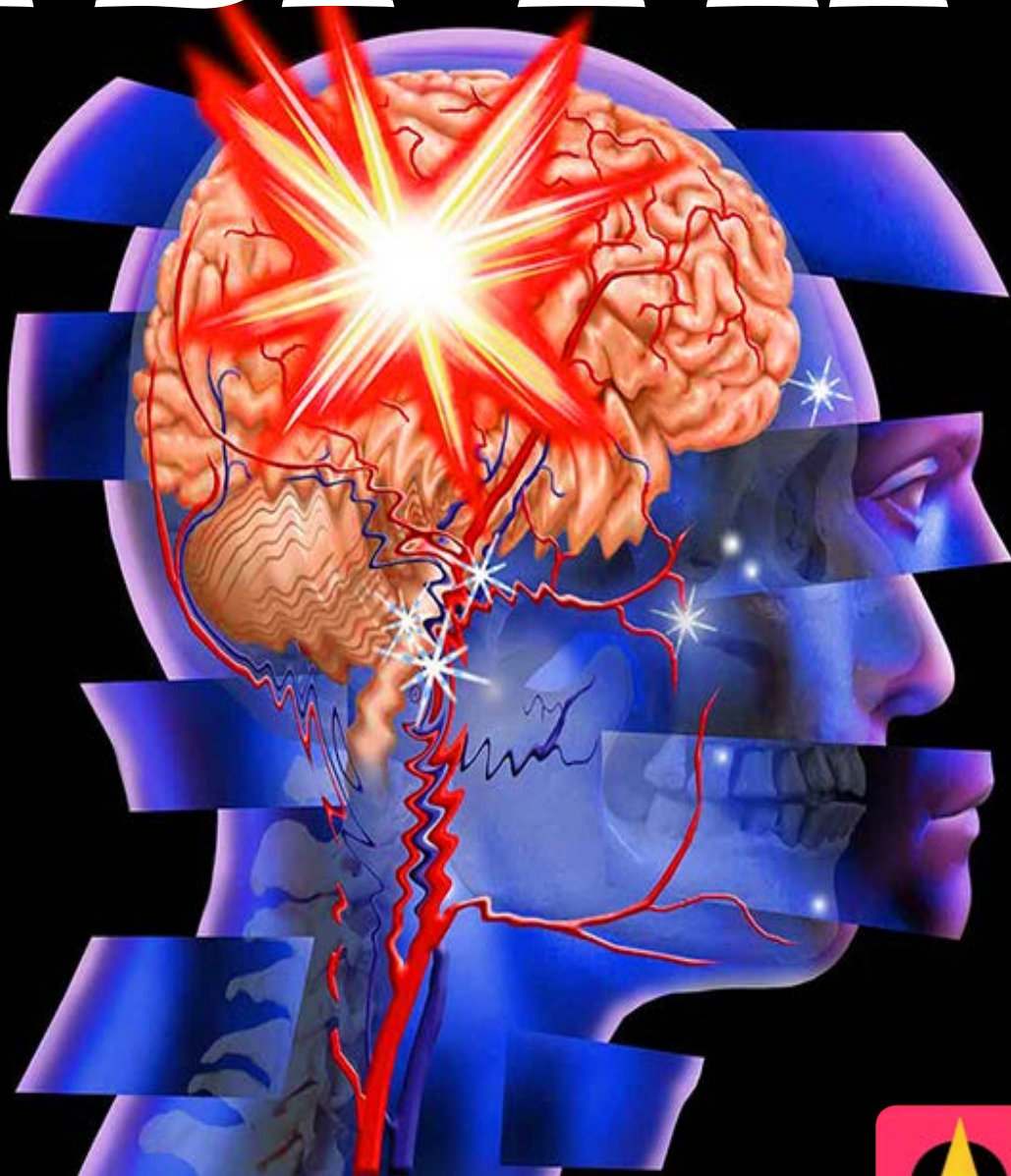


Daring Dreamers Radio

presents

NATHALIE KELLY'S TBI TIPS



Daring Dreamers Radio

presents

the TBI Coach

NATHALIE KELLY'S

TBI TIPS

**Here are just a few things I wish I'd known when
I sustained a Traumatic Brain Injury in 2010.**

I learned that, in many cases, since the damage done to the brain is so microscopic, it won't show up on a CT scan or MRI.

Many times I heard this from doctors who couldn't figure out what was wrong with me: "have you seen a psychiatrist?"

If you've heard that, too, just take that as a message that that's the wrong doc for you - he just hasn't had the education or training that would enable him to help you. Keep seeking ones that actually know what might be going on with you.

Your personality can be completely stripped away. Who you felt you were is gone, offline now. So you get to ask yourself, who am I now? It can actually be freeing - you get to create the you that you like best.

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Your ability to think, and your thinking itself, may change radically. If it does, know that you're probably not crazy—your brain just functions differently now.

You may become hypersensitive to electrical pulses, the way dolphins are. You may feel your brain and body are zinging with so much energy zipping through you that you can't sleep or feel settled in your body.

You may have been affected by the energy from what is called "dirty electricity." Cell phones, computers and other electronic devices may be upsetting your system. Stay away from them as much as you can as you heal.

Get barefoot and onto the earth! This helps the static you feel in your body and head to even out and get dispersed by the interaction with the calming electrical field of the earth. Believe it or not, hugging trees helps, too.

Having a brain injury can affect your:

heart rate	hormones
balance	sight
hearing	digestion
your cognitive ability ... and more.	

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Here are some of the symptoms:

Low-grade headaches that won't go away

Having more trouble than usual:

- Remembering things

- Paying attention or concentrating

- Organizing daily tasks

- Making decisions and solving problems

- Slowness in thinking, acting, speaking, or reading

- Getting lost or easily confused

- Neck pain

- Feeling tired all the time, lack of energy

Change in sleeping pattern:

- Sleeping for longer periods of time than before

- Trouble sleeping or insomnia

Loss of balance, feeling light-headed or dizzy

Increased sensitivity to sounds, lights, distraction

Blurred vision or eyes that tire easily

Loss of sense of taste or smell

Ringing in the ears

Change in sexual drive

Mood changes:

- Feeling sad, anxious or listless

- Being easily irritated or angry for little or no reason

- Lack of motivation

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COMMON COMPLAINTS

Feeling like you're not you anymore
You're 'gone' and you can't find yourself.
Not feeling like you're the boss in your body anymore.
Who's running the show, then?

Feeling isolated
Having a hard time receiving help.

IT'S HELPFUL to LEARN

How to receive graciously

Letting go of the need to give or contributing - it's time to receive help and heal!

EVERY BRAIN INJURY IS DIFFERENT

Our amazing brains control every aspect of our bodies, as well as our thoughts, and emotions.

While there are many similarities, the problems and issues that you are experiencing may not be exactly the same for others. Your issues will depend on what part of your brain was injured.

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Your TBI is as unique as you are.

That means you need to advocate for your own issues. Do not assume people already know what they are, or even how to address or fix them.

It also means you have to be your own detective in figuring out the new you. I know that sounds crazy and impossible with your injured brain. That is why I set up my YouTube Channel to help you: theTBICoach.com

NEVER LISTEN to "NEVER"!

We are living in an exciting time in history for brain injuries. Brain injuries are on the verge of a Renaissance.

With an increase of TBI Awareness in the media, medicine is paying attention—new testing, treatments and innovations are being developed all the time.

Your patient and ongoing persistence in seeking out new treatments and ways of improving your brain will make a huge difference in your recovery.

People get better all the time who were told they could not. You, too, could be one of those miracles!

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NEUROPLASTICITY

Any doctor trained before 2005 was probably taught that the brain never restores itself and never gets better. Take that with a grain of salt. We now know that this is not true! Your doctor was probably not trained with modern scientific understanding of neuroplasticity.

'Neuroplasticity' is the brain's ability to constantly change and evolve according to the input it is given.

Your brain is constantly evolving. The input you give it will make all the difference. The acceptance of this idea is very, very new, and not well understood yet by modern medicine.

Searching for the right doctors from the beginning will help save your very precious energy.

DO THIS NOW: find and go to your own state's Brain Injury Association. They should know of doctors and treatments in your area that have helped others with TBI.

They may also offer support groups, which can be invaluable. Not only will a support group make you feel less alone, but you will learn so much from others who live with brain injuries. They are "the real experts" on how to live with a TBI.

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STRESS IS YOUR ENEMY REST IS YOUR FRIEND

You have a Nervous System injury. The more you can make up your mind to shift out of the constant and perpetual fight-flight-freeze response, and into deep relaxation and rest, the better your brain will function. This is true for everyone, of course, but it is especially important for you!

**Give yourself all the help you can get
to increase your brain function.**

Things that improve brain function are:

- proper nutrition
- exercise
- increased oxygen
- neurofeedback
- vision therapy and stress reduction methods such as deep breathing yoga or meditation.
- EMDR and EFT may be very helpful with releasing the trauma locked in your body.

My videos cover many of these topics! theTBICoach.com

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MEDITATE!

I have been guiding meditations for over 20 years, and now create meditations specifically for TBI. Plus, there are many free guided meditations on YouTube you can start with.

YOU ARE UNIQUE & SPECIAL JUST BEING YOU

Learn to value yourself.

You do not have to have an important job or make lots of money to be valuable.

Your presence alone can be a contribution to the world.

Learn to smile and others will smile with you.

Learn to be kind, and you will get kindness back.

Learn to love yourself and the world will love you.

Learn to give love to others—the world will give you love
RIGHT back.

REMEMBER

Healing is a marathon, not a sprint.

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In order to pace yourself for the long run, it helps to celebrate every baby step of improvement along the way.

Make a big deal of each one, cheer yourself on, and others will celebrate and cheer you on, too.

REMEMBER:

**"It's the energy we bring to the party
that is perhaps our most important contribution."**

RESOURCES

Your state's Brain Injury Association

Brain injury support groups

Dr. Laurie Chaikin: opttorehab.com

BalanceWear jacket: motiontherapeutics.com

Discharge energy—walk on the earth barefoot: earthing.com

Dr. Jill Bolte Taylor: drjilltaylor.com

book: *My Stroke of Insight*

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EXTRAS:

*Source: Articles on Betty Clooney Center website.
Serving Persons with Traumatic Brain Injury Since 1983.
BCFTBI.org*

There are symptoms of brain injury which may occur and be obvious to the caretakers of the injured. However, some may be very subtle and irritating to those directly involved.

The following are some normal deviations that may be experienced in varying degrees as a result of this insult to the brain, regardless of how one acted before. Some of the following may or may not occur at all. In order to better understand ourselves and other others with brain injury: three primary areas that may be involved.

COGNITIVE

- Decreased job or school performance due to the inability to correctly and quickly process information and for numerous other reasons.
- Memory loss or impairment: short and/or long term.
- Inability or reduced efficiency to track: impaired ability to maintain a steady train of thought simultaneously and/or reduced efficiency to switch smoothly between different lines of thought.

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- Mental inflexibility.
- Feeling of vulnerability and loss of control.
- Excessive daydreaming.
- Getting lost easily, disoriented to surroundings.
- Difficulty reading simple directions
- Difficulty following and completing directions.
- Difficulty with simple math calculations.
- Inability to generalize.
- Persistence: refusing to give up, or finding it difficult to give up.
- Indecisiveness: impaired decision-making ability;
for example, in response to the question, "What do you want to do?" The response: "I dunno, whatever you want to do."
- Wandering: leaving a designated area due to being distracted.
- Inability or reduced efficiency to sequence: impaired ability to plan one's actions and do them in the correct order.
- Inability or reduced efficiency to see the whole picture; for example, in a work setting, the ability to see how your work affects the entire organization or other co-workers.

PHYSICAL

- Extreme mental and/or physical fatigue; for example, more effort is required to do anything, even staying awake doing sedentary work.
- Reading, comprehension and locomotion decreased.
- Possible lack of muscular coordination, balance and visual problems, speech impediments and inability to coordinate speech and salivary glands.

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- Seizure activity.
- Insomnia
- Physical deficits, including some or all of the following:
 - Impaired small motor control
 - Hemiparesis
 - Alteration in "side" domination (right, left-handedness)
 - Decreased bowel and /or bladder control
 - Altered awareness in smell or taste
 - Increased sensitivity to sound
 - Pervasive efficiency to regular food intake
 - Inability to detect illness
- Photo sensitivity: an increased fatigue level with decreased amount of light.
- Decreased sensitivity to pain.

BEHAVIORAL / PSYCHOLOGICAL

- Lowered stress tolerance: frequent severe and periodic mood changes that result in mood swings and/or melancholy attitudes, irritability.
- Lack of initiative: failure to direct new activities or prompt self-action.
- Reduced maturity and responsibility: not willing to conform to societal mores—failure to assume responsibility for one's action.
- Lack of inhibition: diversion from accepted sexual practices, use and expressions of language.

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- Marital /family conflict
- Reduced self-esteem.
- Emotional liability: excessive anger and/or uncontrollable laughter or crying.
- Paranoid feelings.
- Overly polite, solicitous.
- Isolation
- Over-sensitivity.
- Heightened defense mechanism.
- Escapism through food, drugs or alcohol.
- Decreased awareness of deficits.
- Denial of deficits.
- Diminished or total loss of expectation (apathy).
- Lack of motivation.

DANGER SIGNS

In rare cases, along with a brain injury, a dangerous blood clot may form on the brain and crowd the brain against the skull. Contact your doctor or emergency department right away if, after a blow or jolt to the head, you have any of these danger signs:

- Headaches that get worse
- Weakness, numbness, or decreased coordination
- Repeated vomiting

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The people checking on you should take you to an emergency room right away if you:

- Cannot be awakened
- Have one pupil (the black part in the middle of the eye) larger than the other
- Have convulsions or seizures
- Have slurred speech
- Are getting more and more confused, restless, or agitated

Thank you Betty Clooney Center: BCFTBI.org

I hope this information and these ideas and tips are helpful to you in your own or for another's search for wellness.

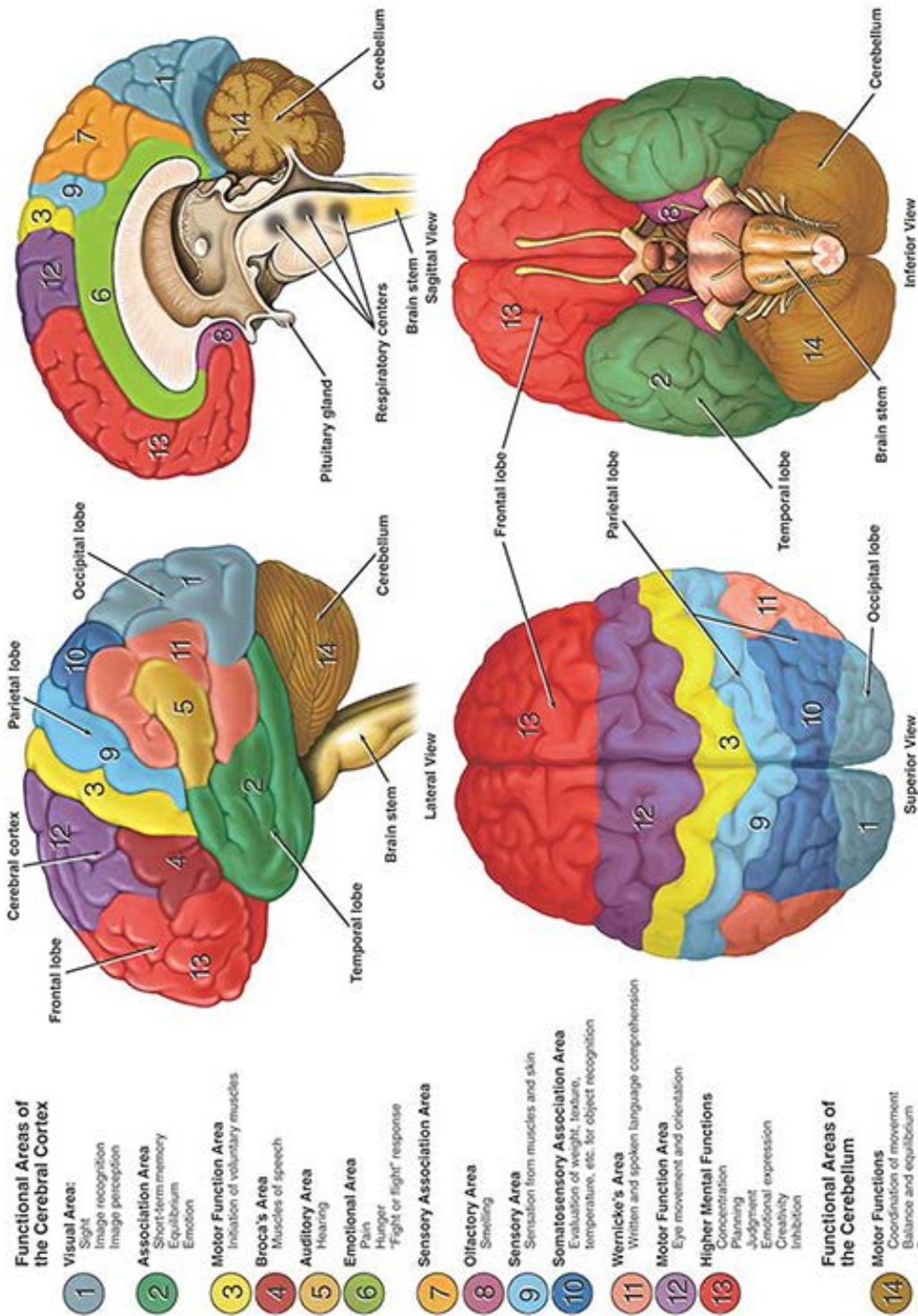
Please feel free to share this little booklet with people you feel might benefit from it—thanks.

And I would love to hear what you might add to the list!



Nathalie
TheTBICoach.com

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