

*RetrainMyBrain.org - B.R.A.I.N. meaning.*

BRAIN

Five Easy - To - Use

Discussion Cards For Brain Injury Support Groups.

**Retrain**  
my  
**Brain**  
.org

Retrain My Brain Albuquerque's Brain Injury Support Group. [retrainmybrain.org](http://retrainmybrain.org)

Adapted from the Brain Injury Tool Kit.

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***B.R.A.I.N meaning***

## **B.**

### Build New Behaviors and outlooks.

Believe in yourself.

Be responsible for your behavior; be aware of others' needs and points of view.

Befriend another - get a buddy.

Be social - connect with others

- Don't isolate yourself.
- Get involved in a hobby.
- Attend a support group.
- Volunteer.

Be aware of fatigue.

Cognitive fatigue (being tired from using your brain)

Physical fatigue - recognize your physical limitations; manage activities.

Become an instructor (learn to start activities).

Become and advocate/mentor.

Be involved - network

## **R.**

### Respect Your Body Restore and Recharge.

Rest.

- Establish a sleep routine.
- Establish a daytime rest routine; record in your Rest Log.
- Relax.
- Minimize stress.

## Routine.

- Organize your day; use your calendar.
- Decrease clutter - organize / clean your house.
- Be consistent about where you put your keys, wallet, etc.
- Buckle up.
- Wear a helmet when cycling, skating, snowboarding, skiing or horseback riding. Also when on a motorcycle, ATV or scooter.

## Rebuild.

- Don't smoke, drink alcohol excessively or use street drugs.
- Eat less fat and more antioxidant rich foods.
- Exercise.

# A.

## Accept Your Brain Injury.

### Activate your brain.

- Read
- Write
- Play games, do crossword puzzles.
- Learn new things.
- Engage in physical exercises.

### Aid your memory.

- Check your calendar daily.
- Do one thing at a time.
- Write things down, make list.
- Repeat information to yourself; say it out loud.
- Make eye contact with people; ask people to speak slowly.
- Ask people to repeat what they said.
- Repeat what people say back to them.
- Ask questions.
- Ask people to remind you of things.
- Use highlighters to mark important information.
- Use an alarm or timer.
- Practice and repeat.

# I.

## Inform Yourself About Brain Injury.

Inquire, investigate, ask questions.

Identify the parts of your brain that were injured (see page with brain icon in the upper-right corner).

Identify the consequences of your brain injury.

- Cognitive consequences.

- Memory
- Ability to process information.
- Concentration / distractibility.
- communication.
- Judgment.
- Organization.
- Initiation / completion of activities.

- Physical consequences

- Seizures.
- Muscle spasticity.
- Impaired vision, hearing, speech, smell, taste and balance.
- Headaches, dizziness, fatigue.

- Emotional consequences.

- Anxiety; depression; mood swings.
- Impulsivity; agitation.
- Difficulty seeing how behaviors affect others.

## **N.**

### **New Normal Know Yours.**

Neuro - psych exam - get one.

Notice when and where you need help and ask for it.

Nourish yourself.

Nurture aims and goals.

Necessities - these are probably different than before your brain injury.

Neuro - fatigue - know that you and your brain will be tired.

Now - live in the present.

No negativity.

Never say never.

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# Retrain My Brain

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