



UPLIFTING NEWS

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Brain Injury Support Group

5/17/18 - Meriter Hospital- Madison, WI

by [The MindReset](#) on 5/31/18

The evening started with a call from a member of the group, TMR founder Jing Wu. Dr. Wu understands the importance of maintaining relationships with her patient population and makes an effort to be at the meetings over digital mediums when possible. The group members were excited to touch base with Dr. Wu as her passion and charisma is uplifting for the whole group. Included in the group was also a brand new member to the brain injury community, only one month had passed since their injury.

The meeting was an open one, meaning that any topic, question, or comment could be discussed. As it progressed, topic that was brought up by a member to the group was how to get a supporter to understand that having a brain injury is actually disabling. This member expressed their frustration about their closest supporter getting angry with them at times when they literally had no control. Other attendees offered their own shared experiences and understanding.

“I know exactly what you are saying, and as a supporter, I too fail in that regard at times. I catch myself doing it [Getting angry at a TBI Survivor I support]. I work really hard to be better at it, but still have plenty of room to improve. It takes a lot of intentional choices, trying hard to be aware of what they are going through and if your needs or requests are reasonable.” - Attending Group Member

The group members had plenty of questions about how to help others understand what they need, and how to understand what others need. Being present during this meeting was a reminder of how important it is to have a community of supportive, inclusive, compassionate and kind people around to help those impacted by TBI on their journey of recovery.

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