



The MindReset

Monthly Informational Bulletin

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May 2018

May represented a month of diligent internal operation improvement for the The MindReset (TMR) community. One exciting highlight included achieving incorporation status as The MindReset Inc. This month, the community focused on adding talented individuals to our team who share the organizational passion to make the world a more supportive, inclusive, compassionate and kind place. Check out The MindReset Team at <http://themindreset.com/>!

TBI Support Group- Madison, WI - May 17th

The Wisconsin Traumatic Brain Injury support group had an open meeting where participants could bring up any topic for discussion. A young woman who had a TBI the prior month joined as a new member. Long-time group participants were very thoughtful about devoting group time to her needs. It was not difficult for members to reminisce on their first time attending, and centered their discussion on questions she had about her circumstances and offered perspectives about the possibilities for her journey ahead. The inclusivity, compassion, and kindness of this support group lends to the success of its members in their healing.

Bonsai Retreat - Madison, WI- May 20th

TMR Madison had their first monthly Bonsai Retreat for members to build closer relationships and have some fun! Bonsai Retreats provide an informal support group atmosphere where those who attend have an opportunity to share, listen, relate, and learn from each other!

Most TMR Madison members are avid gym-goers, so prior to the Retreat, a trip to the gym was in order! Afterwards, members gathered at one member's home for a cookout. During the retreat, members talked over food about how being part of the organization felt and ideas for the organization moving forward. In Wisconsin, there were plenty of brats and cheese to go around!



Bonsai Retreat - Washington D.C. - May 30th

Everyone at the DC Bonsai Retreat knew Jing Wu, The MindReset founder, but did not know each other. It was a great opportunity for five strangers to form new friendships and build community around a shared passion. The group spent time talking about what brought them to TMR, what they enjoyed, and how they could support each other. Many different cultures were represented at the retreat and each member present was able to share more about their own while learning more about other cultures they were previously familiar with. A delicious potluck exemplified the diversity of the meeting with offerings from many different nationalities.