



The MindReset

Monthly Informational Bulletin

Volume 1: Edition 3

June 2018

June was all about celebrating our differences for The MindReset (TMR)! This month's theme was Gender June. TMR focused on inclusivity, understanding, and acceptance of different lifestyles choices. June was also a month which focused on internal development and strengthening of our teams within TMR. We were able to increase membership through engaging with our local communities, including an amazing turnout by our TMR writers as well as guest writers. All of our blog posts are always available to read if you missed them at www.themindreset.com.

Brain Injury Support Group - Washington D.C. - June 18th

Multiple members of TMR were able to attend the meeting at Medstar Washington Hospital Center this month. Core member Cole Schenck was in town from Madison and had the opportunity to experience what support groups in DC are like. The common theme that arose was the value of being surrounded by others who understand the difficulties that accompany living with TBI. Another parallel was the desire of group members to help each other through their individual and shared ailments, and give advice based on personal experiences.

Brain Injury Support Group - Madison, WI - June 19th

The topic for the evening's meeting was suicide and suicidal ideation. Group facilitator Dr. Deb Enburg asked a guest speaker, Sarah Porter, Psy.D., to lead a discussion around the topic. Suicide has become increasingly prevalent in the news and it is something that many TBI survivors struggle with. The conversation was intense at times as group members were open and honest about their personal experiences with suicide and suicidal ideation. Outcomes from this meeting included tactics to anchor to life through social supports and personal values.

Bonsai Retreat - Madison, WI - June 29th

TMR's monthly retreat was at capacity this month as TMR and community members came together for a night of discussion and dumplings. The conversation focused on a recent post from Core member Elaine Cizma that centered on bromances and how they are perceived in different facets of life. Some research suggested the success of bromances come at the detriment of personal romantic relationships, while others claimed that bromances were dead. Ultimately through discussion, those present identified the importance of having close same-sex relationships for men without a need for labeling it. The group also made dumplings from scratch and spent time outdoors as it was a beautiful evening!

