



The MindReset

UPLIFTING NEWS

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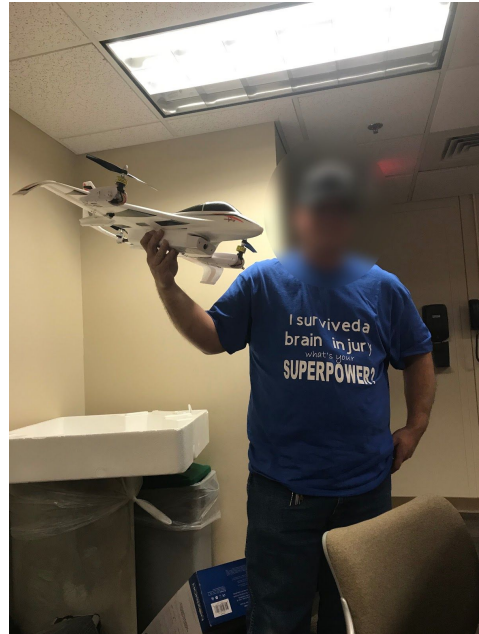
## Hobbies, holidays, and hope for people with brain injury

December 20th, 2018- Meriter Hospital

by Jing Wu

The brain injury support group supported by the Brain Injury Alliance of Wisconsin (BIAW) was an open discussion this past week. A few highlights from the group:

- One member shared his passion for flying model airplanes with the group. Members learned more about how many planes he can control with his radio transmitter and the cost of participating in this hobby. Other members conveyed support by asking questions and showing genuine interest in his recreational activities.
- One member returned after several years of not attending. Members recalled him as a person who reminisced about being "six inches away from the grass" as this was how far away he was from landing on soft ground when he fell from the balcony.
  - He shared how he is starting a new job, how he completed his school work, and how he lost all of his friends after brain injury. He expressed some difficulties comprehending his healing journey and likened his progress to a report card with merit stars.
  - This person also has emotional blindness as one of his preliminary disabilities similar to how the founder of The MindReset, Jing Wu, was in her formative healing years. It provided him with much comfort to know someone who understood how bizarre and difficult it is to describe having an emotional void.
- One member shared her difficulties with depression. Other members stepped up to the plate to share their experiences or tell jokes to cheer her up.
  - One member told a naughty holiday joke.





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- Another member shared his story about why the holidays were difficult. He lost a child to a car crash, then his other child died by suicide a month later, and then another child died by suicide a month after that. Then he lost both his step-parents. He shared with the group how he went to the person who hit his first child and forgave him.
- A conversation about suicide and spirituality ensued. The story-teller revealed that the reason he doesn't attempt to meet again with his children is that he made a promise to them to persevere in life.
- A member profoundly shed light on how forgiveness is more for the person being hurt than the person causing harm. That forgiving allows one to move forward and no longer be harmed.
- A short argument occurred about whether "you can do anything you put your mind to". (In reality, there are certain limitations that people with brain injury have, but if there is even a slight chance of improvement, then it is worth being hopeful).
- One member empathized by sharing how he lost his sister in a car accident and how close he was to her.
- One member shared how he lost two children and how the story-teller was a strong man for being able to forgive.
- One member shared how important every member of the group was for her healing and that none of them should ever give up.
- One member expressed his frustration with reminiscing about his life prior to the accident and all the abilities he had prior to the accident. He also was angered that he would get lost in the hometown he was raised in.
- One member shared how they coped with how over-stimulating the holidays can be by excusing himself and going to another room.

All members of the group expressed in some manner of how much they care about each other and wished each other the best for the holidays.

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