



The MindReset

Monthly Informational Bulletin

Volume 1: Edition 4

July 2018

July was a very active month for TMR! The theme for the month was Joyful July which put an emphasis on family. Our calendar for the month focused on fun activities that can be done together with friends or family. The MindReset was able to participate in many community events and connect with some amazing people. Make sure to check out the our site and if you would like to help us continue to be able to provide the resources we are and more, consider donating at please add info www.themindreset.com!

Digital Support Group - Online- July 2nd

This months digital support group focused on happiness and how to find it or choose to be happier in your everyday life. The group was led by Dr. Jing Wu and the conversation centered an article entitled “How to Be Happy; A Cheat Sheet”. Those in attendance discussed individuals ways they manage happiness and how they attempt to stay balanced in life. Read the [News Blast Here](#).

TBI Support Group - Washington D.C. - July 18th

Brain Injury ID cards were one of the main topics of discussion this month at the TBI support group in DC. The benefits of having one and where you are able to get one if you would like one! Read the [News Blast Here](#) for more information.

AFSP Out of the Darkness Kickoff Party - Washington D.C. - July 19th

This event was held in order to start the years annual campaign to raise awareness about suicide and suicide prevention. It was an opportunity for those who know the importance of suicide prevention to come together and build community while supporting a great cause. Read the more about the event in the [News Blast](#).

TBI Support Group - Madison, WI - July 19th

The Madison TBI support group talked about self care options along with supporting a new group member who was their in order to find information about resources and support for her son who had suffered head trauma from playing college football. Read the whole [News Blast Here](#).





TMR Bonsai Retreat - Washington D.C. - July 20th

This month's DC Bonsai included chicken wings and some live music along with a conversation about family. Attendees were able to spend some quality time together over Korean fried chicken and discussed how different family structures and variables impacted their lives. Full [News Blast Here](#).

Children's National Workshop on Autism: The Full Spectrum - Washington D.C. - July 25th

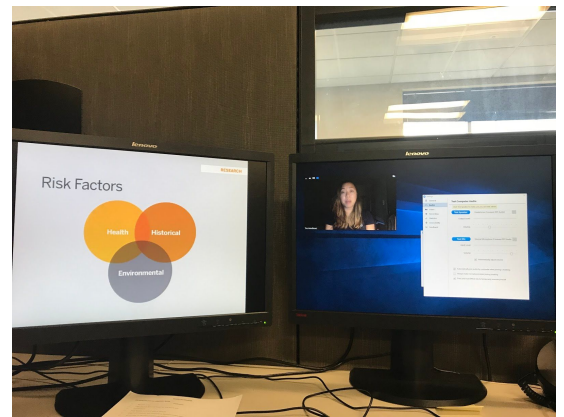
TMR Founder, Dr. Jing Wu, seeks to find the connections between seemingly disparate health conditions. Through her past experiences, she started gathering evidence that individuals with brain injury may have similar advocacy needs as individuals with autism spectrum disorder. More about what Dr. Wu discovered can be found [HERE](#).

Talk Saves Lives Training - Online - July 25th

The monthly Talk Saves Lives Suicide Prevention Training enabled those in attendance to learn more about how to help an individual who has suicidal ideation and how to emotionally support them. Read more about this month's training [HERE](#).

Community Health Alexandria Meeting - Alexandria, VA - July 26th

The MindReset is dedicated to being informed about relevant health issues occurring in the communities of its members. TMR Founder, Dr. Jing Wu, attended a Community Health Meeting in Alexandria, Virginia. Along with other individuals dedicated to improving public health, everyone collaboratively worked through a qualitative versus quantitative evidence decision making process. Dr. Wu found it very heart-warming to participate in a community improvement process.



TMR Bonsai Retreat - Madison, WI - July 29th

The Madison Bonsai for the month of July included a BBQ along with some help practicing for a play by reading lines! Those in attendance were able to talk about how things in their lives were going and support each other with advice or simply just conversation. Read the [News Blast Here](#)