Hope on the Journey

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LET THE SUN IN!

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Living with Brain Injury...

• Daily life challenges: everything is affected!
• Living with symptoms
• Communication issues with those close to you
• Relationships: people not understanding
• Guilt/worry for how you treat others, or being a burden
• Loss of identity

THROUGH the struggles...
THROUGH the hard times...
It’s possible to find hope.
So… how do we find hope?

Keep Perspective

• A bad day is just a bad day
• There is a REASON you are still here!
• Feelings come and go

• It’s just… one of those days 😊

“I’ve gotta keep believing there’s a reason that I got a second chance at life.”
Joy in the Little Things

• Even with all the daily life challenges, look for the little things that bring you joy
• Could be simple as:
  – Seeing a friend
  – Watching a movie
  – Having a meal you enjoy
  – Spending time with a pet
  – Going outside
  – Etc...

Being Thankful!

• GRATITUDE: if you can find one thing to be thankful for, it can help you keep perspective and find hope.
• List a couple of things at the end of each day!
• EVEN IF IT’S JUST...
  – “I’m thankful I got through today.”
Creativity!

- Finding ways to express yourself through creative outlets
- May have a new talent you didn’t have before brain injury... Won’t know until you try!
- Try something creative:
  - Coloring
  - Painting
  - Journaling
  - Poetry
  - Music
  - Etc.

Learning the New Journey

- Life is different after brain injury
- Losing a “before life”
- Mourning is part of the recovery

It’s okay and healthy to mourn the old life and accept new dreams for the new life
Celebrate Every Victory

• Sometimes we’re so focused on the big goal / mountain, that we forget how important each step truly is
• No victory is too small to celebrate

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Celebrate Every Victory

• One of my victories this month:

Successfully wearing this type of heels for the first time since my TBI!

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Hope IN the dark times

• Don’t put so much pressure on yourself to be “perfect” and positive
• Hope is not being positive...
• REAL hope is hope DESPITE the hard times
• All you need is a little bit of light. 😊
• Knowing you can try again tomorrow IS hope!

Through your darkest night... HOPE SURVIVES!
What do you put your hope in?

• What you put your hope IN matters
• Faith, journaling, prayer
• Don’t worry about having to find the right words... just start with hello <3

Still on the journey...

• Remind yourself how far you’ve come
• You are not defined by your brain injury, or your circumstances, or anything that’s happened to you!

THERE IS MORE TO YOU!
CRISTABELLE BRADEN
more to me.

the very things that are holding you back right now have the potential to become the most powerful parts of your story.

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Finding Hope in Community

• Having others around you who understand is vital to the recovery journey and keeping hope
• In-Person Support Groups
  – ND Brain Injury Network
• Online Support Groups
  – “Hope After Head Injury” on Facebook

WE’RE GONNA MAKE IT!
Thank You!

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