



Brain Injury Lunch and Learn

Lunch and Learn Topic Menu

- Understanding brain injury
- Fatigue
- Brain injury symptom recognition
- Mental inflexibility
- Memory skills
- Organization
- Goal setting
- Physical/Sensorimotor Emotional regulation
- Self-awareness
- Communication mastery
- Sleep
- Anger: identification, options and understanding
- Speech/Language
- Why is stopping and thinking important?
- Grieving and brain injury
- Coping playlists
- If I could write a book...
- How to practice mindfulness
- Self-care
- Accommodating brain injury
- Anger
- Attention
- Delayed processing

For More Information

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