

RESTART Your Life / RENEW Your Mind

PRESENTATION TOPICS



- ***Kevin McDonald - TBI Survivor Story***
- ***Finding the Courage to Recover***
- ***Understanding Your own Limits***
- ***Occupational Strategies***
- ***Rebuilding Relationships***
- ***Reinforcing Support Circles***
- ***Incorporating Outlets / Release Mechanisms***
- ***Stress Management Strategies***
- ***Advocacy***
- ***Exercise***
- ***The “New Normal”***
- ***Giving Back***
- ***RESTART Your Life / RENEW Your Mind Introduction***