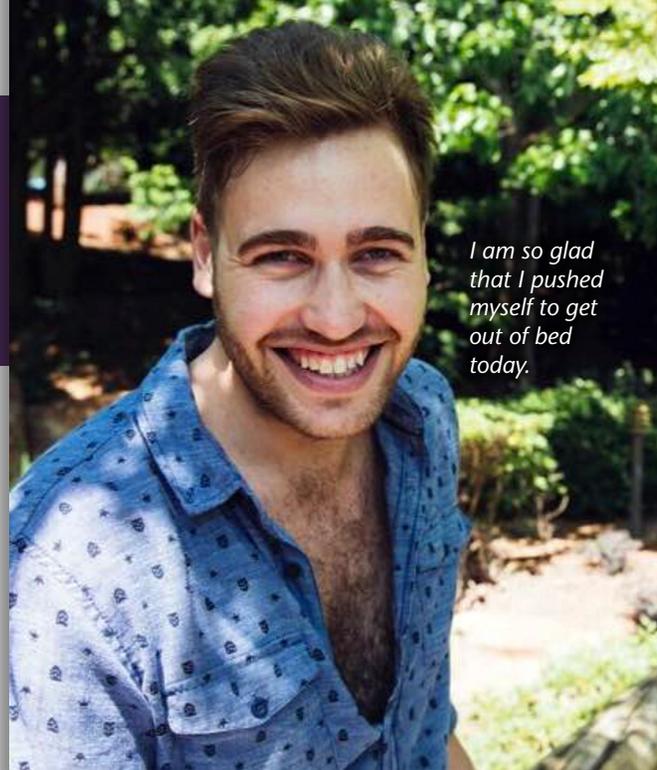


A Day in the Life of a Brain Injury Survivor

By Jarrod Flowers



I am so glad that I pushed myself to get out of bed today.

I woke up today feeling like garbage. I had planned to go for a walk with some friends this morning, but I was not up for that at all. As I laid in bed, with terrible depressive thoughts running through my mind about how crappy life is with a brain injury, I thought about what I was going to do with my day. The last 2 days I had spent most of my time sleeping and in bed. I thought that I would get up, have a shower, hopefully feeling a little refreshed would give me some kind of energy kick to leave my room.



I got changed into some good clothes, grabbed my headphones, book and water bottle and was ready to go. In my head, I had no idea what I was going to do or where I was going to go. I did know that I craved a coffee from Sleepless City Roasters - my favourite coffee that I used to get through my 8am lectures on a Tuesday mornings at University. I went and grabbed one and a bag of dark chocolate coated coffee beans, as it would be rude to walk into the shop and not purchase them.

As I jumped back in the car, I decided to go to Laurel Bank Park, as it is beautiful and a great place to enjoy a book. When I arrived, I put my headphones on and enjoyed some of my favourite tunes whilst walking through the park, taking in all of the beauty. Living with a mindful approach towards life helps me to appreciate so much more. As I'm walking, I'm touching and embracing every sensation that runs through my hands from the different plants. Some are soft, others spiky, some smooth, others rough. The scent of different fragrances fill my nose as I walk through and paying special attention to every different smell that the gardens have to offer. I find myself enjoying these special moments - what I always took for granted, so much more enjoyable since my accident.

I found a nice shady spot to sit under a tree and spent the next few hours getting lost in my book. Every now and then, I would stop and focus on my posture and breathing and be with my thoughts to see where they were at. What I found was that I was generally feeling so much better than I had that morning and the past few days. It has shown me, that no matter how bad I feel, it's worth having a go at something rather than not trying anything at all. Some days I can't plan what's going to happen. I just need to trust my inner self and 'go with it'. I am so glad that I pushed myself to get out of bed today.

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Brain Injury Alliance
ARIZONA

Questions about living life fully after brain injury?
Contact the Brain Injury Alliance of Arizona
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