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**Brain Injury
Alliance**

**MIND
MATTERS**

SUMMER 2022



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INSIDE —

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 - On The Power of Group Support
- ... and More

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MINNESOTA
**Brain Injury
Alliance**

MISSION

The mission of the Minnesota Brain Injury Alliance is to raise awareness and enhance the quality of life for all people affected by brain injury.



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Editorial Policy

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Letters to the Editor should be limited to 300 words. Letters may be edited for spelling, grammar and length. In order for letters to be considered, please include your name, address and the daytime phone number of the author. The Minnesota Brain Injury Alliance reserves the right to refuse letters for publication, and submission of material does not guarantee publication. Opinions expressed in Letters to the Editor are solely those of the author and do not represent the opinions or positions of the Minnesota Brain Injury Alliance.



Welcome *Mind Matters* readers,

It's my favorite time of the year: fall. Things are starting to cool off in Minnesota as we all prepare for the winter ahead. One thing we do as we look forward to the colder months is draw close to those we love and those who support us. I hope you find the Minnesota Brain Injury Alliance a great source of support. **Our Resource Facilitation team is on call Monday through Friday from 8 a.m. to 4:30 p.m. to lend an ear to all of your brain injury needs. Please, don't hesitate to call us at 612-378-2742**

or 800-669-6442 with any question or need you have. Our community wouldn't be what it is without the boundless support we have for each other.

Speaking of support, this issue marks the beginning of our 2022 recognition of support groups in Minnesota. Peer support forms a vital part of the Alliance's operations. From the groups we refer our consumers to, to the members of our Speakers Bureau, to the members of our Board of Directors, the Brain Injury Community would be poorly served without the constant leadership of people with brain injury. Many of the most prominent members of our community met one another through support groups, many of which continue today!

In recognition of support groups, this issue features an overview of the history of support groups including interviews with support group leaders and facilitators from around the state. We gain their varying perspectives as brain injury professionals and survivors. We also get a brief history of the Alliance's involvement with support groups and how the development of these groups helped with the creation of our successful Resource Facilitation program.

In addition to this issue's article, we will be honoring support groups and support group leaders at this year's 2022 Walk for Thought on Saturday, September 24. The Walk is our annual celebration of the Minnesota brain injury community and we look forward to celebrating with you in-person at New Brighton or Duluth. Make sure and visit braininjurymn.org to register your team and support the Minnesota Brain Injury Alliance as we all Walk for Thought together!

Finally, it's never too early to start thinking about your end-of-the-year support for the Minnesota Brain Injury Alliance. Your gifts are a necessary part of our operations and help us continue to offer vital education and awareness across Minnesota. Whenever you see us out at an event, that's only possible because of support from the public. So, if you have the means, consider including the Minnesota Brain Injury Alliance in your giving this year. Just visit braininjurymn.org/donate and give today.

Thank you so much for your continued support and continued readership. See you at the Walk for Thought!

David King, CEO

As I Lay Dying



By Mike Strand

I borrowed this title from William Faulkner's book of the same name. I use this phrase a lot to describe my time in the hospital after my accident. I use it, though it does not mean what most people think it means when I use it.

They will often reply, quite reasonably, that I was not dying. I reply that dying is a complex word. I was not physically dying, but it would take a long time for me to realize that who I had been, was no longer that person I called me. It would take quite a while for me to realize that I had died in the accident. While I was dying, I was also becoming a new person.

I had become the mythic hero that dies and is reborn. Problem was, this was certainly not clear at the time! I was trying to fit myself back into the puzzle of life, but I no longer fit.

The problem that this new person had was that he had none of the skills or abilities of the old me. When I got out of the hospital and returned to work, the only thing anyone looked at, the only thing they could look at, were my physical limitations. They had no way to measure my mental fatigue, and certainly no way of understanding the sense of loss I felt every time I couldn't do a job that I formerly had done easily.

Neither did I. I could not tell from the inside, why I couldn't do things. I just kept trying and failing, and not ever knowing why.

The emotional was the hardest thing for me, and others, to understand. I was going through puberty all over again. I was experiencing ranges and depths of emotion that I was unfamiliar with, and too inexperienced to process. I was like a thirteen-year-old being expected to understand and respond to adult situations. I had to grow up fast. I had to do it with a brain that was damaged and slow to process all this new information. I looked like a person who should have gone through all this and understood it years ago, but the new me had not. Again, I failed miserably.

It took me a few years to learn to like the new me more than the old me. It was quite some time before I could feel comfortable accepting this new me. This acceptance began when I finally understood that I would not bounce back to being the old me; I would never be "not brain injured." I had to let go of the memory of a super-human self. This impossibly perfect past me, that only ever existed in my mind. I had to learn to respect my present self for having come through this debacle. This challenge had forged a new me. A different me. A me with great strength, resolve, and courage. A me I would rather be.



I was trying to fit myself back into the puzzle of life, but I no longer fit.



On the Power of Group Support

By Phil Gonzales, Public Awareness Associate

The idea of support groups seems so obvious it's a wonder it took humankind as long as it did to figure them out. 'Of course,' we think, 'It makes absolute sense that people who share a common issue should come together to discuss their trials and triumphs with each other. Naturally, peers would be able to supply a sense of understanding and insight that no professional could ever dream of.'

"People need to know they're not alone," says Ric Johnson, brain injury survivor and facilitator of the Courage Kenny Rehabilitation Institute Brain Injury

Support Group in Golden Valley. "Yeah, our lives have changed, that's for sure. But we're okay."

But, such ideas were not obvious. In fact, for centuries Western Medicine believed that isolation was the best cure for any problems perceived to be mental in origin. This included depression, anxiety, and particular to us—brain injury.

It was in the late 19th century that medical professionals began experimenting with peer support, as it came to be known. Jean Baptiste Pussin,

“WE DON’T HEAL IN ISOLATION, BUT IN COMMUNITY.”

— S. Kelley Harrell, author



former patient and superintendent of the Bicêtre Hospital in Paris, made it the policy of the hospital to hire as many staff as possible from among former patients. Pussin found that staff who could relate to the patients were more kind and understanding and the hospital saw a dramatic decline in the need for restraints and physical interventions.

“I feel like our society doesn’t understand brain injury, and specifically concussion,” says Stephanie Henigin, speech-language pathologist with Regions Hospital Rehabilitation and co-facilitator of their brain injury support group. “And so just having that group who also understands and gets it is so comforting, and so reassuring and validating to people. There is such power in a support group.”

In the 1970s, activists in the Mental Health Consumer/Survivor Movement, inspired by the actions of the Black Power and Gay Pride movements, brought changes to emancipation laws and involuntary commitment laws, leading to mental health hospitals being shut down and consumers/survivors of mental health care organizing in their communities. In the 1980s, the consumer movement’s activists began demanding patient representatives on policy determining boards. By the 1990s, the power of peer support in the political and social arenas had been well established.

In Minnesota, these patterns were playing out through the ‘80s and ‘90s in the simultaneous rise of brain injury support groups and the Minnesota Brain Injury Alliance itself. This is no surprise given the overlap of personalities involved. Today, the Alliance considers Minnesota’s support groups to be integral to its success. Not only for providing a safe space for members of the brain injury community to honestly and openly share their experiences, but also for providing much needed insight into the needs of the community.

“Support groups were just looming when I joined the Brain Injury Association,” says Ardis Sandstrom, former Executive Director of the Alliance, then the Association. “We needed to find a way to help these support groups grow. And at the same time, we were just starting this whole collaboration to write the grant for Resource Facilitation. So the two of them really coincided.”

“I can’t remember the year but it was in the early early ‘90s,” says Craig Martinson, member of Mayo Clinic’s Traumatic Brain Injury Regional Advisory Council and current facilitator of the St. Cloud Support Group. “Myself and Jill Wahman went to a meeting at the St. Cloud Library, because the Brain Injury Association had sent some people to meet with the community of St. Cloud to try to start a support group. She and I kind of helped start it. And, it’s still going. It’s one of the oldest and largest support groups in the state.”

“Resource Facilitation has been an amazing program to support individuals with brain injury,” says Sandstrom, “but we found those support groups to be a more direct form of community support. And so, Jill Wahman [then an employee at the Alliance] was given the task of going out into the community, taking what they were doing in St. Cloud and creating that same type of program across Minnesota.”

The St. Cloud TBI support group is currently the longest ongoing TBI support group in Minnesota.

John Johnson, one of the oldest members of the St. Cloud group, started as a group member. He eventually went through facilitator training and is now a volunteer facilitator. John sees the value of peer groups beyond basic emotional support.

“There are people out there that need help,” John says, “and maybe I can navigate them through it. I’m a peer mentor with Independent Lifestyles, Inc. in St. Cloud and, I’m a person with a brain injury too. So, I teach people with disabilities how to be independent. And that’s kind of what we do with a brain injury. We help people get back on track to realize that they are valuable in the community and that there is life after a disability.”

Lynda Woodman came to support groups as a former professional.

“I was a physical therapist assistant at a children’s hospital in the Twin Cities,” she says, “and I had two car crashes close together, which resulted in permanent cognitive challenges. I sought out speech therapy at Bethesda Hospital. And the therapist that I was working with wanted to develop a support group for people with post concussion or mild brain injury. And so, from there, we started a mild brain injury support group at Bethesda [Hospital]. And that was probably back in 2006 and it’s been going strong ever since. Now

that the support group no longer is professionally facilitated I'm the volunteer facilitator of the group, and it's no longer at Bethesda Hospital."

John Sherrell, "Coffee John" to those who know him, started his group out of his coffee shop in Minneapolis almost nineteen years ago. Though it's moved around quite a bit since then.

"It's been through a few iterations," he says, "but it's basically still been the same format, which is get everyone together and settle in as a group and then gather everybody's attention and get everything down because I still have regulars from the very first meetings. I've got 65 people on the email list and some of them come every once in a while. And new people show up all the time. The Brain Injury Alliance has a few folks that recommend me all the time."

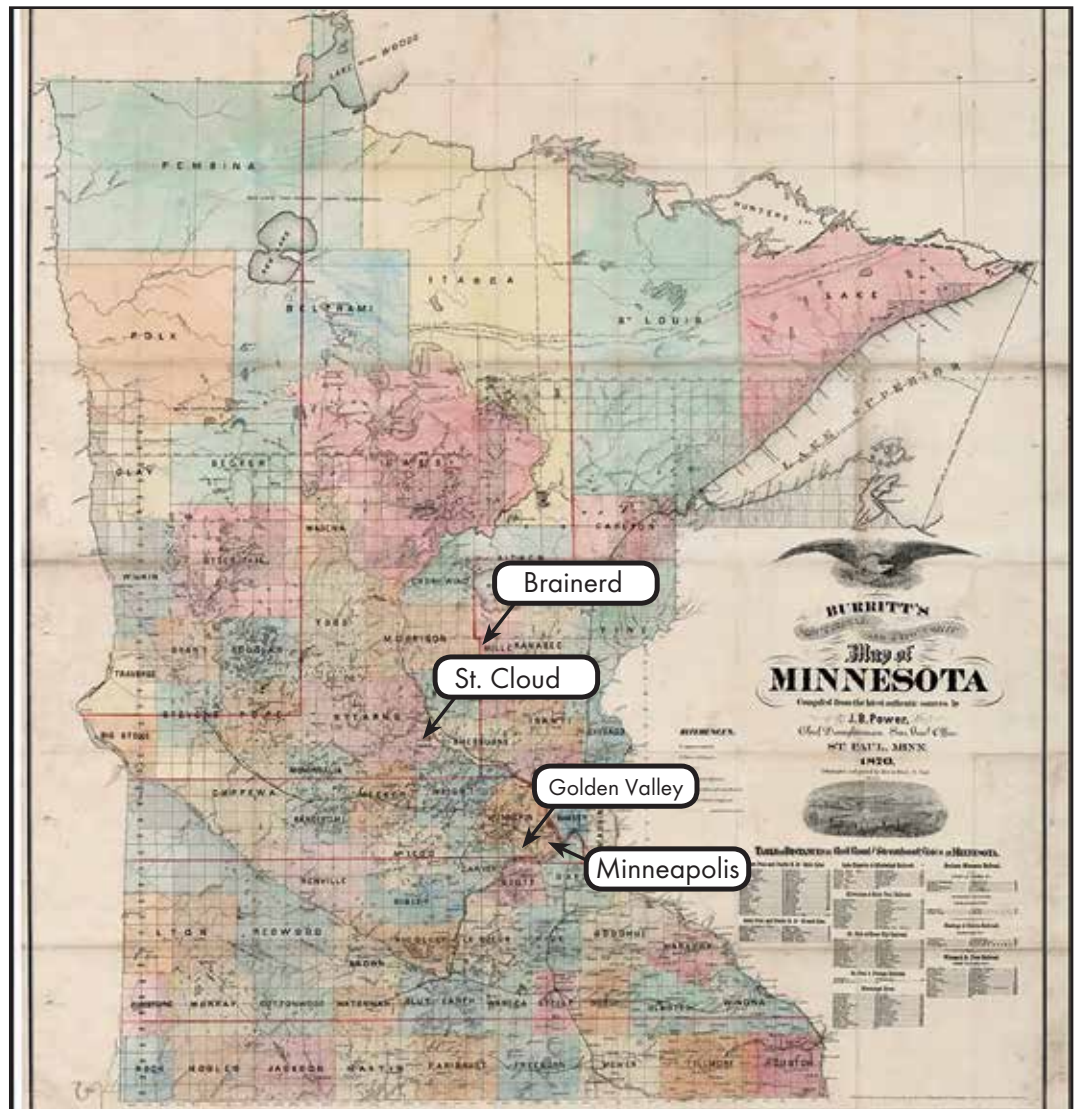
Russ Philstrom, Alliance board member and support group facilitator at Cuyuna Regional Medical Center, has been active with support groups since the late 90s and has helped to start new groups based on the expanding needs of the members.

"There was a brain injury support group at the state hospital in Brainerd for a few years," he says, "and that was a starting point. What happened was, most of the people who were coming were patients in the Brainerd hospital. And they were people that were in a tough enough position that they had to be accompanied at all times during the meeting by two or three employees. It was a good support group but that made some of the people who weren't in the hospital uncomfortable and it got to the point where it finally just fell apart. I actually set up a

support group at the state hospital for a while and would go there and hold meetings separate from the one that we're doing in Brainerd."

John Johnson notes that the St. Cloud group has been split into two groups, one for people with brain injury and one for family members.

"So that way friends and family can come and find out why their friend or family are having these troubles," he says.



Support groups serve different purposes for different people and, as Russ and John have demonstrated, no one group is a perfect fit for everyone. Part of being a facilitator is feeling out the needs of your group and making sure attendees are getting their needs met.

"Prior to my 'blind date with a deer' in '96, I was a behavior analyst," says Bonnie Markham. "So, I

ran a lot of support groups for the clients I worked with. And, it's one thing to have a support group, it's another thing to know how to run a support group. Communication skills can be a side effect of a brain injury. And so what do you do if you walk into the group and nobody talks? You are just sitting there. And that can be, from a facilitator perspective, a challenge. As a support group leader, you have to have a backup plan. I would start my groups with a food for thought question. What was the most anxious experience you had this month? What's a fun activity that made you smile? And, most of the time, the topic ended up being that. It's important to have a backup so if I don't get anything out of the question, I'd add something from the toolbox such as relaxation for fifteen minutes."

"Our group, we kind of keep it very broad," Stephanie Henigin says. "We have a large variety of people and they just kind of need some community support to know that they're not alone. There's lots of different concussions or car accidents, or traumatic brain injuries, brain tumors, brain injuries from lack of oxygen to the brain, from a heart condition. So it's just this really great group of people who are just so vulnerable and willing to support each other. And then me, as a facilitator, I kind of just help create that platform. And sometimes we have a theme just to kind of guide the conversation. And sometimes the group members just kind of take over and they kind of talk about what they need to talk about that month."

But, even when the group is informal, a facilitator has responsibilities to keep the discussion moving.

"I think the challenge as a facilitator is knowing when I have to step in," Stephanie says. "With a brain injury, sometimes knowing how much to say, and how much to keep to ourselves, can be a challenge. So as a facilitator, it's trying to kind of reel them back a little bit, help them feel like they were able to share a little bit about themselves, but then keep directing. But then it's also hard when you have new group members join and you already have these established connections and relationships with other group members. I think as a group facilitator, I really just emphasize, you don't have to talk. You can just sit and absorb if that's what you need to do.

Nobody's pressured to talk. And sometimes people just need to listen and know that they're not alone."

"Some people love what I do," says John Sherrell, "and some people feel there isn't enough structure. And, that's just the way I'm doing it. If you'd like more structure I'll try to morph what I do and see if it can work for you. Or maybe there's just another group for you out there. I try to take new members, I will talk to them on the phone and give them the chance to meet one on one with me. Just to kind of establish a relationship. I just want them to feel comfortable enough to come to a group where they know nobody. And that seems to be well received. It's open to people with brain injuries, acquired or traumatic. It's available for you to bring staff, to bring family members, to bring your children if you need to. Let's just make it happen."

"I had one person who was really mean to me," says Ric Johnson, "but it was just me, not the other people at the meetings. She just didn't like me as a facilitator. And there was nothing I could do to help her think I'm being nice to people. And so after about a couple of years, she left; she stopped going. And to me, that's the only thing that was correct. If I didn't fit with her, well, she should find another group





“THAT WAY FRIENDS AND FAMILY CAN COME AND FIND OUT WHY THEIR FRIEND OR FAMILY ARE HAVING THESE TROUBLES”

– John Johnson

somewhere else that will fit with her. And there’s enough support groups. And I don’t know why. But she and I just didn’t click.”

Most support groups in Minnesota, and in the country, had to quickly learn to adjust to a new paradigm in 2020 when COVID began keeping people apart and, specifically, public buildings established strict rules about gatherings.

“One of the things that came as a challenge that we came across with COVID is that we no longer could meet in person,” Lynda Woodman recalls. “Our facility was closed down. So we had to transition to Zoom meetings, which actually was a challenge at first, I wasn’t sure if it was going to work or not. But it actually allowed people that lived at a distance to

join the meeting. Didn’t make any difference what the weather was, people could still join the meeting. And we’re continuing to do Zoom meetings where we will be doing Zoom meetings for the foreseeable future.”

“I tried to Zoom,” says Bonnie Markham. “I tried it for three months, because I thought, well, yeah, give it a go. And at least the people that I had in my group, myself included, were not tech savvy. And the most I ever got to join was two or three people. And so Courage still to this day hasn’t started up their groups. I think they’re getting close. But the issue with Courage St. Croix is because their meeting rooms are so small.”

Surprisingly, many groups managed to maintain the connection with their members through a more indirect form of communication. Facebook.

Many support groups already had established private Facebook groups, and those who didn't created them after COVID hit. Many group members found this a more satisfying way to stay in touch and share their experiences rather than with Zoom. The group facilitator takes on the job of group moderator and makes sure conversations stay on task and civil, but otherwise it's left to the group to guide the discussion with the moderators jumping in as necessary.

"We have a Facebook page," says Bonnie. "Oh, yes. So you have a private way that they can connect during the month. And they had them each give permission, written permission, that they wanted to join this group. But, they're all on their own. I would moderate the group, but in the five years that it's been there, I think there's only been one time where I think they got into the topic of religion. You know, that's pretty personal and different. So I said, let's keep the group to brain injury!"

"We do have a private Facebook group," says Stephanie, "that the group members can join and kind of interact with each other there. I'm an administrator of it, but I don't really engage much. It's kind of their space. Yeah. So that's kind of how we approach the support group too; it's their time and space."

"We have a Facebook page," says Ric, "and we've had a few new people because of COVID and because of Facebook. But you know what Facebook is? It's not the same, right? It's not. It's not even close."

"Support groups have a very unique function," says Ardis Sandstrom. "It's people coming together that share similar experiences. And you know, there's support groups for just about everything. There's weight loss, there's death and loss, there's eating disorders, you name it, there's support groups for every different thing. But what is common in these support groups is people coming together with a leader who has the ability to keep the dialogue moving so people can talk, they can share their feelings, they can learn from it. It's about being in a safe place, discussing things that have deeply affected you. And being able to just develop that group of people that gives you support and gives you a voice, and working with someone who's walked in your shoes."

"And so what you see many times in support groups is, people who will say, 'Oh, you know, what, my resource facilitator is helping with that one, maybe you should be giving your resource facilitator a call.'

And so they all work together. And that's why Resource Facilitation was so important in the scope of all that, too, so that you can help people get connected to the support groups, which helps them get connected to something else, which might need to be reconnected back to Resource Facilitation, which might get you to some professional that you needed specific professional care, or just getting information and bringing your family together educating the family base.

I mean, support groups cover such a huge scope. They're there to help lift people up and help them so that they know they can get through to the next meeting. And then at a certain point, they become strong enough that they start helping others. And that's the gift of it: helping others."

We've come a long way from the days of the Bicêtre Hospital. Brain injury is now seen as an injury that can be treated with therapies; science is learning more about the brain every year; and peer support is a respected and vital part of post-hospitalization recovery. Today, the number of support groups for brain injury and brain injury related conditions in Minnesota is nearly innumerable. Many hospitals run support groups and former group members start their own support groups in their own communities.

Resource Facilitation continues to be a fantastic way to find support groups in your area. Just give them a call at 612-378-2742 or 800-689-6442 and say you're looking for a support group.

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We're Back! And ready to WALK!

The biggest event of the year is back and we couldn't be more excited. It's the 2022 Walk for Thought on September 24 at Long Lake Regional Park in the Twin Cities and Miller Hill Mall in Duluth. Two great places for one great event!

What is the Walk for Thought? Only the biggest event of the year! People from all across the state of Minnesota are coming together to show their support for the brain injury community and the Minnesota Brain Injury Alliance, all while raising funds for the Alliance's supports and services. But, the Walk for Thought isn't only a fundraising event—it's an annual reunion where friends meet, mingle and catch up. It's an opportunity to honor those who are journeying towards a new beginning and to remember those we've lost along the way, and a moment of renewal as we gird our spirits for the coming winter.

The Walk for Thought gives us a space to honor people who represent the best of our community. This year, we are honoring the facilitators and

members of Minnesota's incredible network of brain injury support groups. Support groups are a foundational part of the Alliance's Resource Facilitation program. They also are a vital part of post-hospital recovery and a way for community members to stay connected, not only to one another but to the world as a whole. Support groups provide a safe place to talk with people of similar experiences and to learn new ways of seeing the world from people we otherwise wouldn't have met. Join us as we honor support groups in our pre-Walk program.

So, call up your team and go to braininjurymn.org and click on the Walk for Thought banner. Sign up your team, join a team or go ahead and make a donation to the Walk! Post your team's goals, share your story and see who'll be joining us for the 2022 Walk for Thought, Saturday September 24 at Long Lake Regional Park in the Twin Cities and Miller Hill Mall in Duluth! Sign up today, lace up those walking shoes and we'll see you at the Walk for Thought!

2022 Minnesota Legislative Session Crashes

When the Legislative Session began last February we were pretty excited and optimistic about our chances of getting some of our policy priorities passed into law. The state was looking at a historic budget surplus; the economy was looking up; we had our bills in the political pipeline; and we had supportive legislative leaders lined up. Opportunities like this don't come around very often and we got to work on our priority issues so they could move forward in the supplement budget bills.

Long-sought changes to the Medical Assistance Income and Asset Standards became part of the House Health and Human Services Bill. People could have a bit more income and savings without losing their MA. This, on top of the spend down improvements that were set for July 1, could have really made a difference in people's lives. Our citizen advocate lead a bill to improve bus driver training in assisting those with physical impairments in getting on and off the bus in inclement weather was part of both the House and Senate Transportation Bills. The study we got funded in 2021 on Cassy's Law was set to be released mid-session and we hoped to move forward with preventing people with brain injury from becoming caught up in the criminal justice system. Bonding (state borrowing) and budget appropriations were set to increase funding to improve housing affordability for those with low income and/or disabilities.

With a week to go in the session, a compromise agreement was reached between the Governor, House and Senate on a deal and hopes were high we could get some, if not all, of this over the finish line. Alas, the session crashed in a whimper and basically nothing got done by the constitutional deadline. There was some hope a special session would be called to wrap up the agreement but ultimately Senate Republicans, House Democrats and the Governor could not find a path forward and our 2022 policy priorities died. While legislators did get some work done, a major opportunity to improve lives was lost.

So what is next? That will be up to the next legislature to decide, and they all must face the voters in 2022 if they want to stay in office.

2022 Elections Loom Large for Future of State Budget

The Governor, State Senate and State House are all up for election on Tuesday, November 8. Due to quirks in Minnesota's election cycle, the terms of each office, the State Constitution and redistricting every ten years, we are now in a period where all these offices are up every four years. Many observers see this hyper political environment as the cause of the 2022 breakdown as the Democrats and Republicans both want to control all the levers of power beginning in 2023.

While there are legislative retirements and changes every two years, and there will always be new legislators to "break in," 2023 will see huge changes. Perhaps up to a third of those who win their elections and come to St. Paul in January will be new to their office. Redistricting and multiple political issues lead to a significant number of retirements and potential competitive races in swing districts. This is significant because the main job legislators will have when they get to the Capitol will be to set the State's next budget. This budget must be passed by July 1, 2023 and it will take the state through the end of June 2025.

The people you see on your November ballot will be the ones making the decisions affecting services and supports for people with brain injury well into 2025. So, there is much at stake and we believe you should have a say on who the people are that will be making these decisions on your behalf.

This all depends on you becoming an informed voter and participating in our political process. Research the candidates, find out where they stand on issues important to you then vote for and support those that share your values.

The Minnesota Brain Injury Alliance does not endorse candidates or political parties. We will never suggest who you should vote for or say which political party you should favor. That is up to you and your own values. We can help you learn about the process, understand what is required to vote, or suggest ways to get information to help you decide. The rest is up to you.

Find out which candidates share your values and support them. Help them get into office and help them understand brain injury. How many of you knew much about brain injury before you or somebody you loved was impacted? Politicians are no different. Elections matter and you have the power to shape the future.

For more information contact

*Jeff Nachbar jeffn@braininjurymn.org or
Cynthia Callais cynthias@braininjurymn.org*

As our country and the world struggle to hold on to peace, rational decision making and its wits in general, it seems life as we know it today is taking a toll on everyone and leaving many feeling overwhelmed.

Individually we have to take an accounting of where we are and what we need to keep going. What are the stressors we are dealing with? Which ones do we have control over? What can we do about the feelings we have in response to being overwhelmed by life?

This column more than any other has no direct answer because reversing the course on feeling overwhelmed requires deep reflection, sharing thoughts and feelings with people we trust, and planning for changes that can bring us satisfaction and help us grow again.

No one can tell you what to do and there is no single answer. Each of us has a unique threshold when enough is enough. We all have different ways of viewing stress. We have different ways of coping, avoiding, and pushing through stress. The bottom line is we each have to look at what we can handle and decide what we can control and how to do this.

Things to consider: Cutting back on social media; seeking support from friends and family; getting professional help; finding opportunities to make a difference in our home, neighborhoods and communities; practicing tolerance and letting go of things we can't change or which drain our energy or distract us from the things we could be changing.

Do you have a work-life balance and is the life part really living or is it worrying about everything that you can't control? Has your life taken on a job of its own keeping up with social media? If others are counting on you to live, work, learn or be happy then it's time to rebalance your life and add the things that are important to you.

Coping with the unknown, dealing with stress and trying to come back from feeling overwhelmed requires an honest look at ourselves and what we can do differently to strike a better balance.

— by Dr. Erwin Concepcion

I recently read a quote: "Overwhelm is just a feeling we are choosing when we are resisting the reality of where we are today."

I had to read it a few times to truly get down to the meaning behind it. And while it is always open for interpretation, this is what I took away from the quote: overwhelm is a choice, not a permanent feeling. It is something we are able to consciously change by shifting our attitude and/or priorities.

I know the world feels heavy right now, there are a lot of things happening and it's easy to begin to feel overwhelmed. However, it is important to understand that overwhelm is a state of mind, and we can change it if we are willing.

Sometimes that might mean saying 'no' to things, or taking time alone for self-care, or it may even be figuring out the top one or two things you want to accomplish this day/week/month and only focusing on that.

There are a lot of ways to tackle overwhelm, but the first step is acknowledging that you feel it, and being open to shifting your mindset.

One of the easiest ways I have found to shift my mindset is to take a few deep, intentional breaths. To really feel the oxygen filling my body, and releasing it fully and completely with the exhale (along with any mindsets no longer serving me).

I know this may seem a bit woo-woo to some, but it really does work — Breathwork is scientifically proven to reduce stress and relieve anxiety. Putting a mindful intention with it (such as releasing overwhelm) makes it even more powerful.

When you begin to feel overwhelmed, take time to pause and take a few deep breaths. Realizing that you're overwhelmed is a huge first step to reverse course.

Are you ready to take that first step??

—Amy Zellmer

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