

WEEK 1

REFLECTION/ HOMEWORK



15 MINUTES

As we come to the end of our group, let's take some time to reflect on what we did today. You should practice what you have learned before the next session.

Provide participants with the Take-Home Impressions form and have them complete it (allow 5 minutes for completion of form). This form is for participants to fill out here but to utilize at home.

The following discussion questions will cover the material on the handout.

- Can you identify internal or external stimuli that make your symptoms better or worse (stress, noise levels, etc.)?
- How will you practice what we learned today in your own life this week?
- Think of a support person (friend, parent, behavioral health specialist, etc.) that could help you recognize your symptoms. Why did you choose that person?
- What was the most useful content in this workshop? The least useful?

Over the following weeks, we will be exploring more strategies to manage your TBI symptoms and stressors that may trigger them.



DISCUSSION PROMPT

Do you have any questions?