



# Unmasking Brain Injury

Brain Injury Services June 2024

“I was thinking before the accident and after the accident. The left side is before the accident and the right side if after the accident.”

Cause of Injury:  
I fell downstairs and had a number of bone fractures and a brain injury





“Five years ago I was in an accident and I felt like my whole world had been shattered into a million pieces. I am no longer that person I used to be and no longer know who I am anymore or what my future will hold.

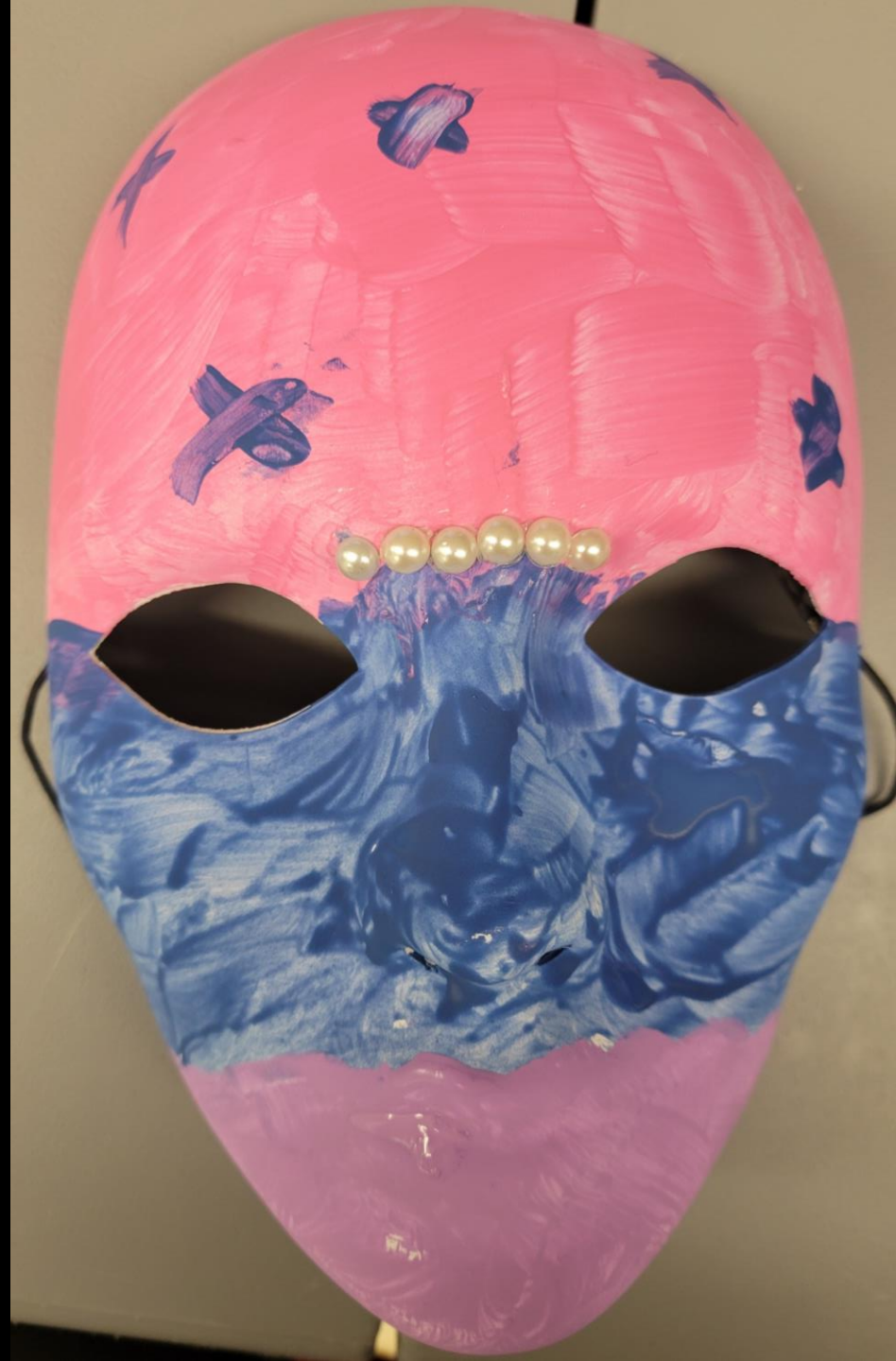
The mask represents this journey. The colours at the top represent my old life. My normal self. The left side represents the evil part of my brain injury. Fear, anxiety, panic feeling, pain, loss of identity, loss of independence, grief of old life, etc. The right side represents what I used to be strong, independent, fearless for the most part, competent/confidence, etc. It also represents that even with the frustration and struggles I haven't given up and I keep trying. I still have some strength and fighter left in me.

The infinity road is my healing process from the concussion, on going without a distinction at this point in time.

The Lego pieces represent me slowly rebuilding and recreating my new self one piece at a time”.

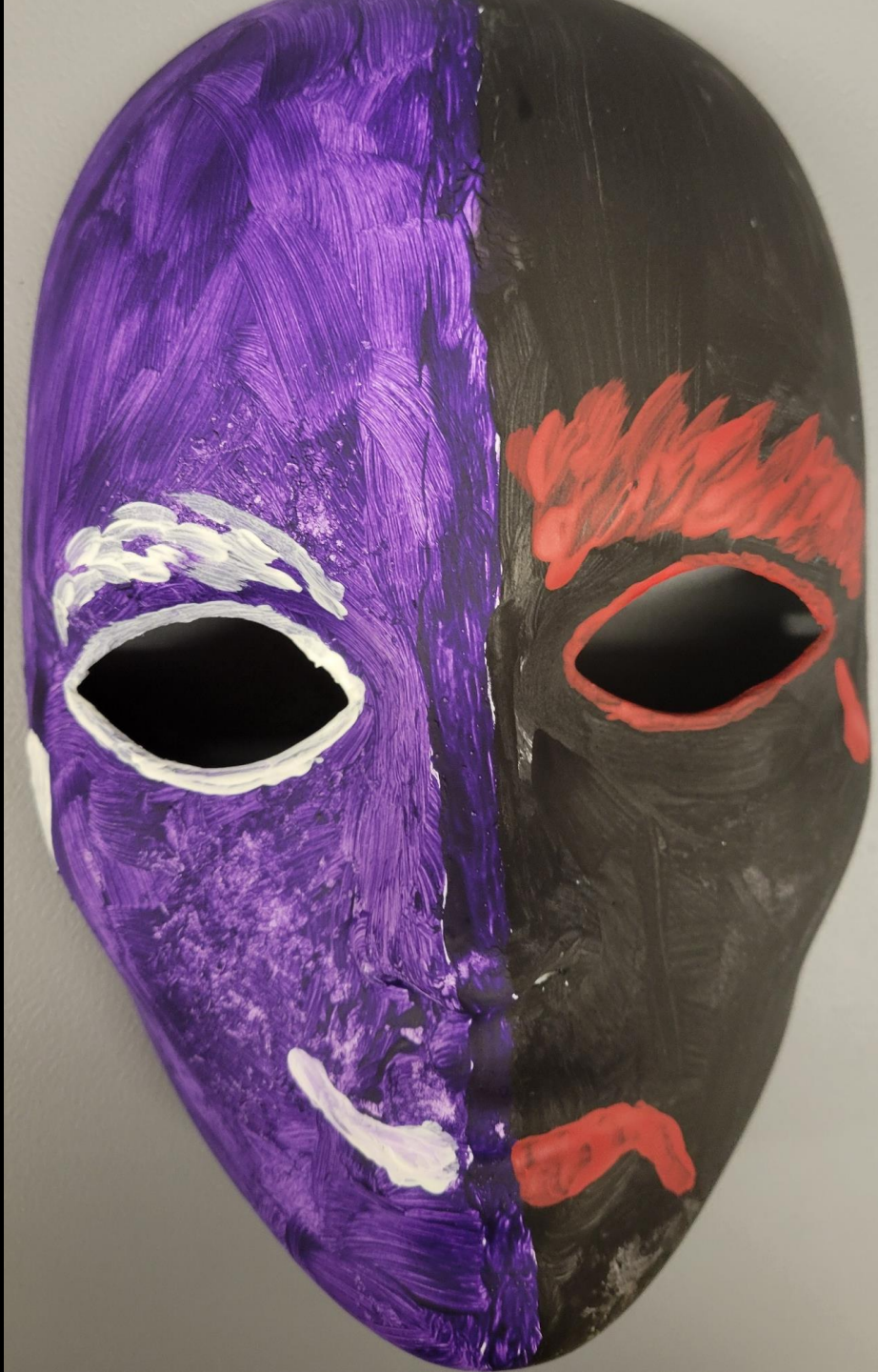


“Very emotional and focused on love, anger and loss. Followed the color wheel for emotions”.





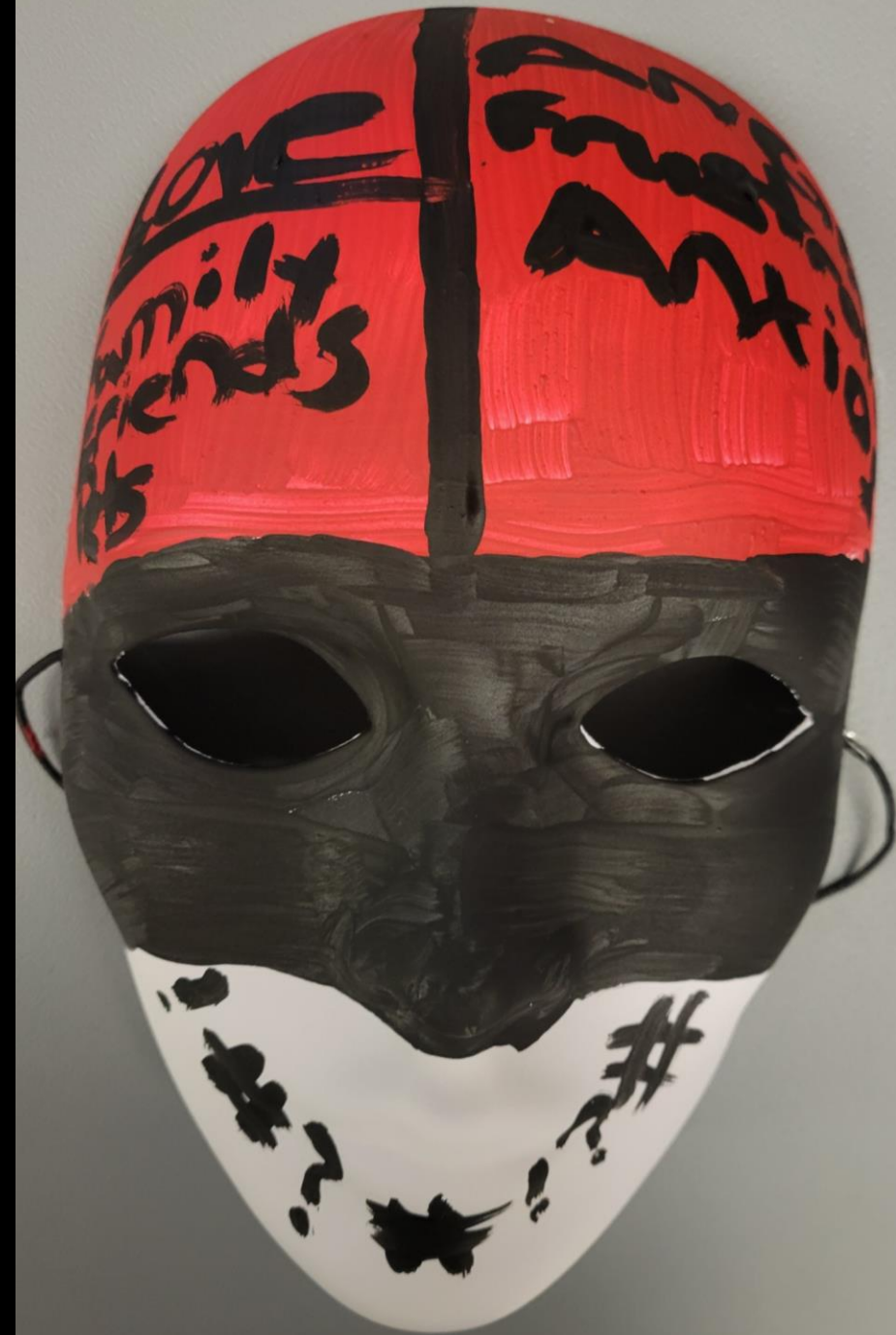
“Half for before stroke and the other half for after. Black is before - was not a nice person. Purple for after, the stroke made him a better person.”



“More time to watch  
hockey.”



“Focused on emotions/feelings.  
Red represents both anger/love.  
Since [my] ABI [I have] a potty  
mouth, so [I] drew symbols on the  
mouth to indicate same.”





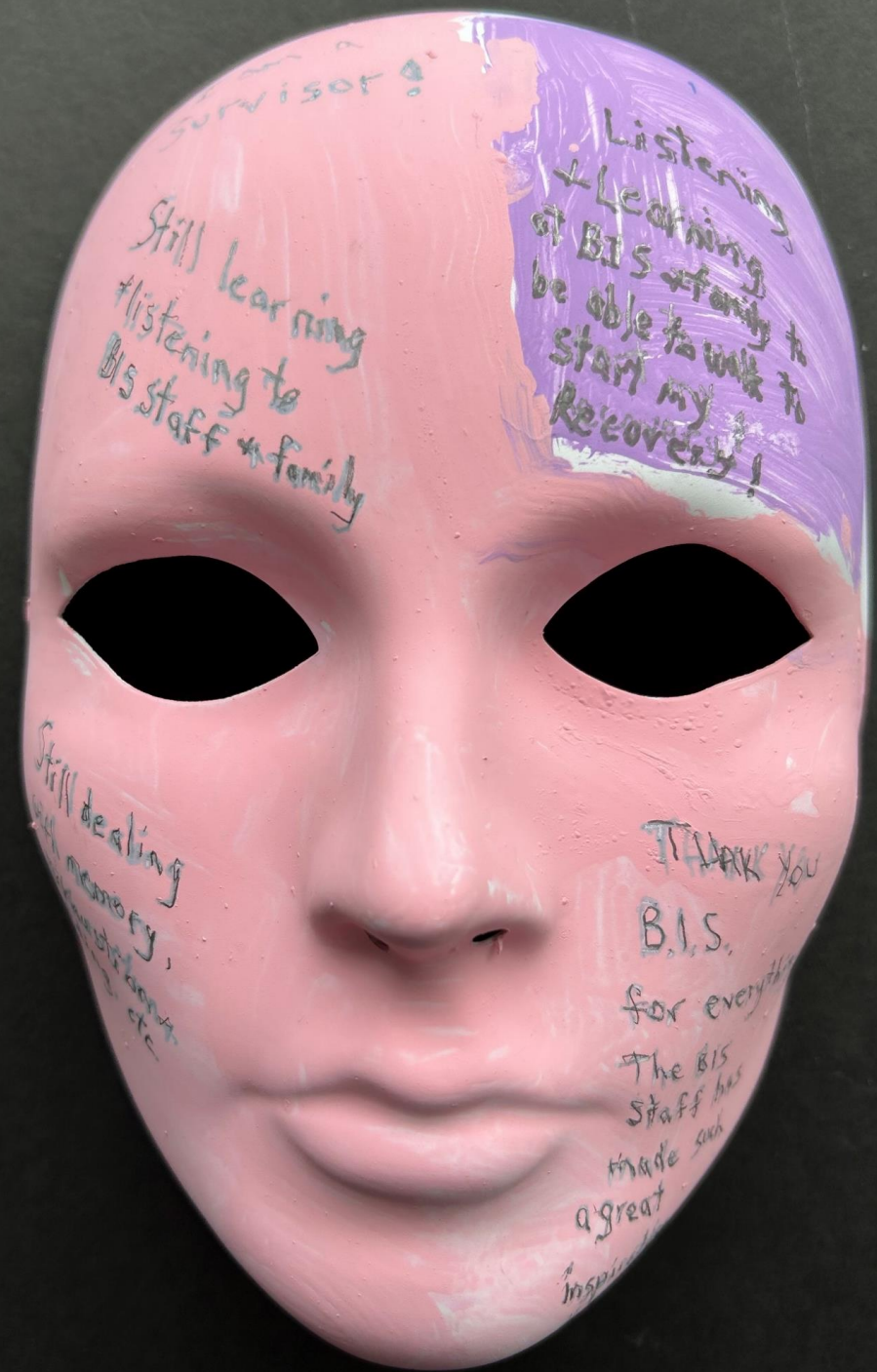
“Focused on the emotions color wheel. At first, [I] didn’t want to speak but changed [my] mind. Embarrassment around friends and family but doesn’t feel like that at group.”





“Telling my story of my recovery after my stay at Toronto Rehab. With the help at Brain Injury Services in Barrie I was able to carry on my rehab. The staff at BIS, my family and friends, really made my recovery much easier. Everyone made it possible to be a survivor.”

Cause of Injury:  
Brain Hemorrhage from MS.



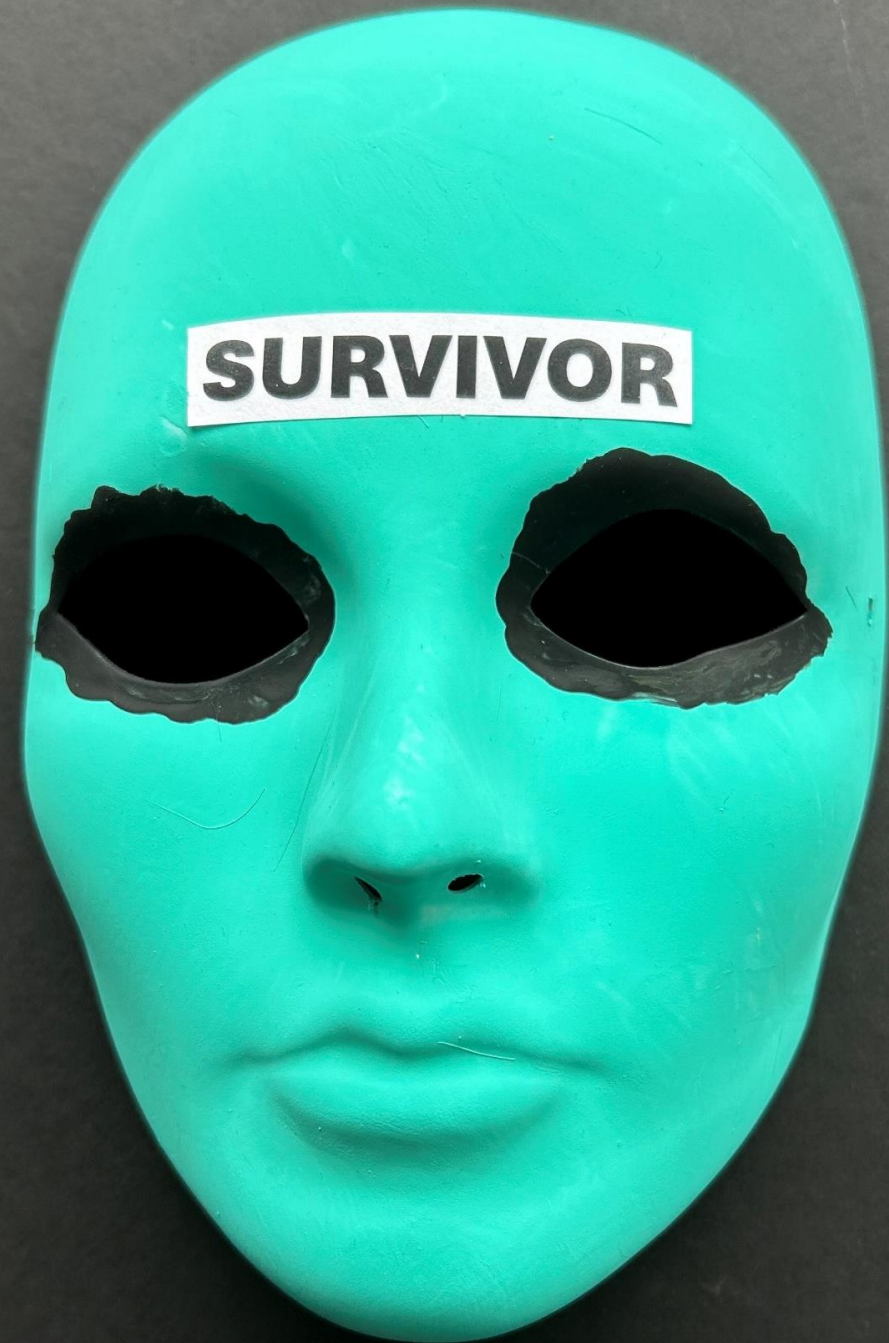
I attempted to unmask my challenges, and resilience recreating who I am. My masks small dark items represent my invisible losses. I lost my job as a group facilitator, my vision took my drivers license, tinnitus causes ringing in my ear and I no longer have a sense of smell...yet. The ANT symbolizes automatic negative thoughts and elf criticism I battle daily with positive affirmations. My mask also reminds me to be grateful for support, childlike play, humour, learning and wisdom. My brain injury and Brain Injury Services encouraged me to be kind and encourage myself, be my own cheerleader "ATTA GIRL"! I am grateful I walk and find peace in every step. My partner and I befriend our neighbours and their dogs. Doing eye exercises helped me get my drivers license back with a vision waiver. I am beginning to manage more social circles while taking time for quiet and rest. The butterfly reminds me to breath, meditate, love and accept who I am now and to fly on these new wings.

Cause of injury: My injury occurred during the pandemic on April 4, 2020. I fell through a trap door down into our basement when we were working on our house projects.



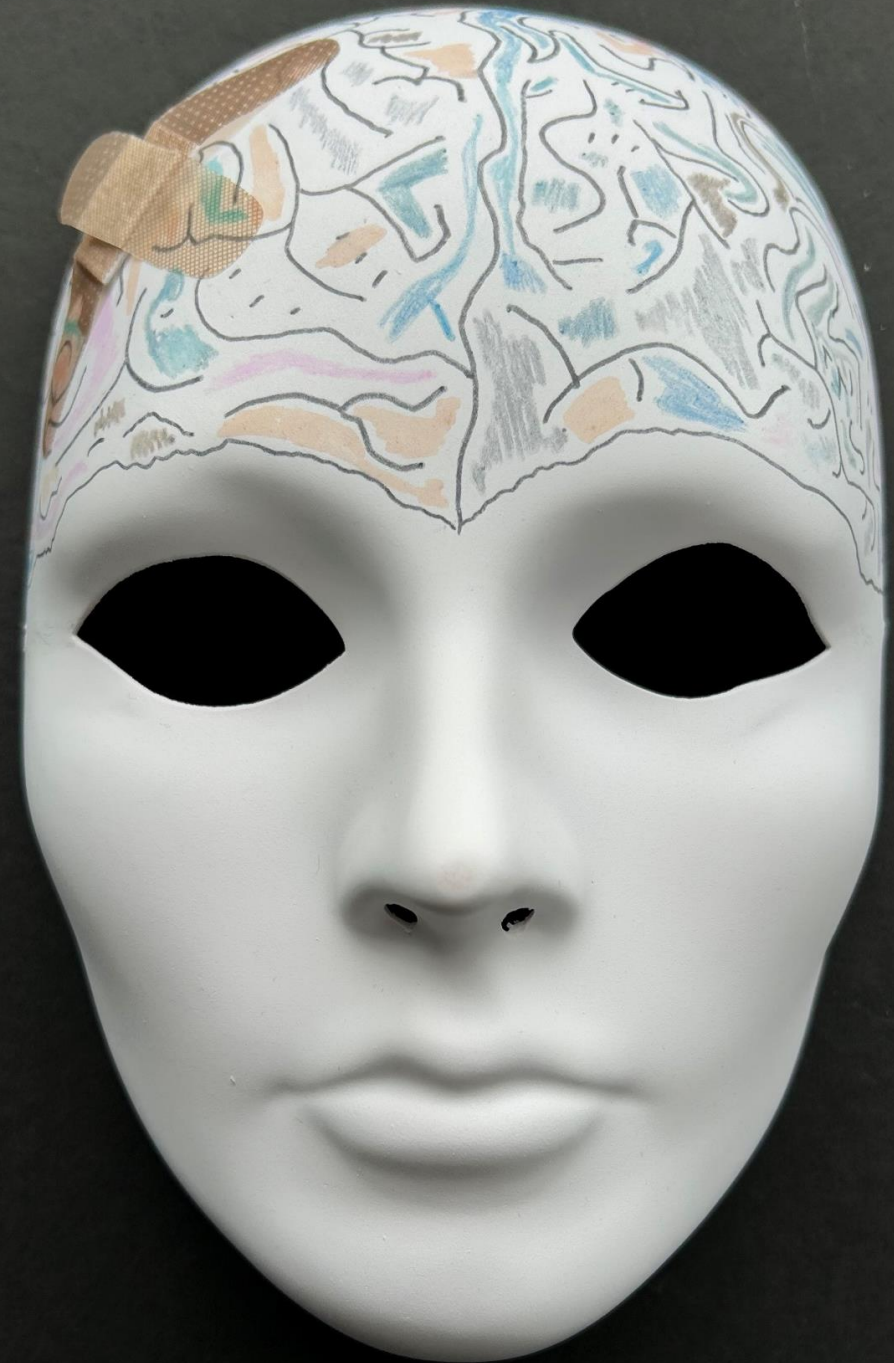


“The black around the eyes represents the area of injury where I feel the pain and problems the most. The turquoise/teal green is a colour I like and represents different emotions . The survivor says it means I am brave, and that I am living proof of all I am dealing with and trying to overcome.”



“If people could see there is a band aid on your brain they may realize you have an injury.”

Cause of injury: Fell during heart attack, cracked skull.





“Pain/anger I don’t know which one comes first. Anger/Pain It seems they run together. All the time constantly trying to keep them under control is a full time job. That’s what the blue around the edge represents, that is always with me.

Dizziness comes from bending over too much or too long. Not paying attention to the symptoms will intensify the dizziness and can take me to a place I call nowhere land. If I get there I don’t know where I am. With practice and time I am able to stop the dizziness symptoms at the start before it gets too far. The start I call the wobbles. I can stop it there.

A flashback; something around me sets off a past memory something I see or fear. I don’t know when or why they come. At first, they confused the heck out of me. Overtime, I have learned to believe they are with me to help me.

Its Halloween everyday. Halloween makes me think of hauntings. I’m being haunted by pain from old injuries in the past. They come when they want, they scream as loud and long as they like, even all at the same time.

ABI; I can’t feel it. The first thing that comes to my brain when I think of ABI is there is no pain. I’m thankful for that. The hauntings haven’t come to my head yet and maybe they will stay in my body and leave my brain alone.”

Cause of injury: car accident driving to work.



“Often befuddled. Usually concerning finances and home clutter. It takes an enormous amount of cognitive energy to complete these tasks. So that they usually are not completed.

Nemesis; fatigue leaves me to misjudge stairways, so I fall down them.

Brain injury Math; the result is becoming discovered, which in turn leads to a project being abandon or forgotten. So I tend to put off procrastination to another day.

Hope; I am getting better they say. So I continue to strive for improvement, balance it with realty, and hope for the best!”

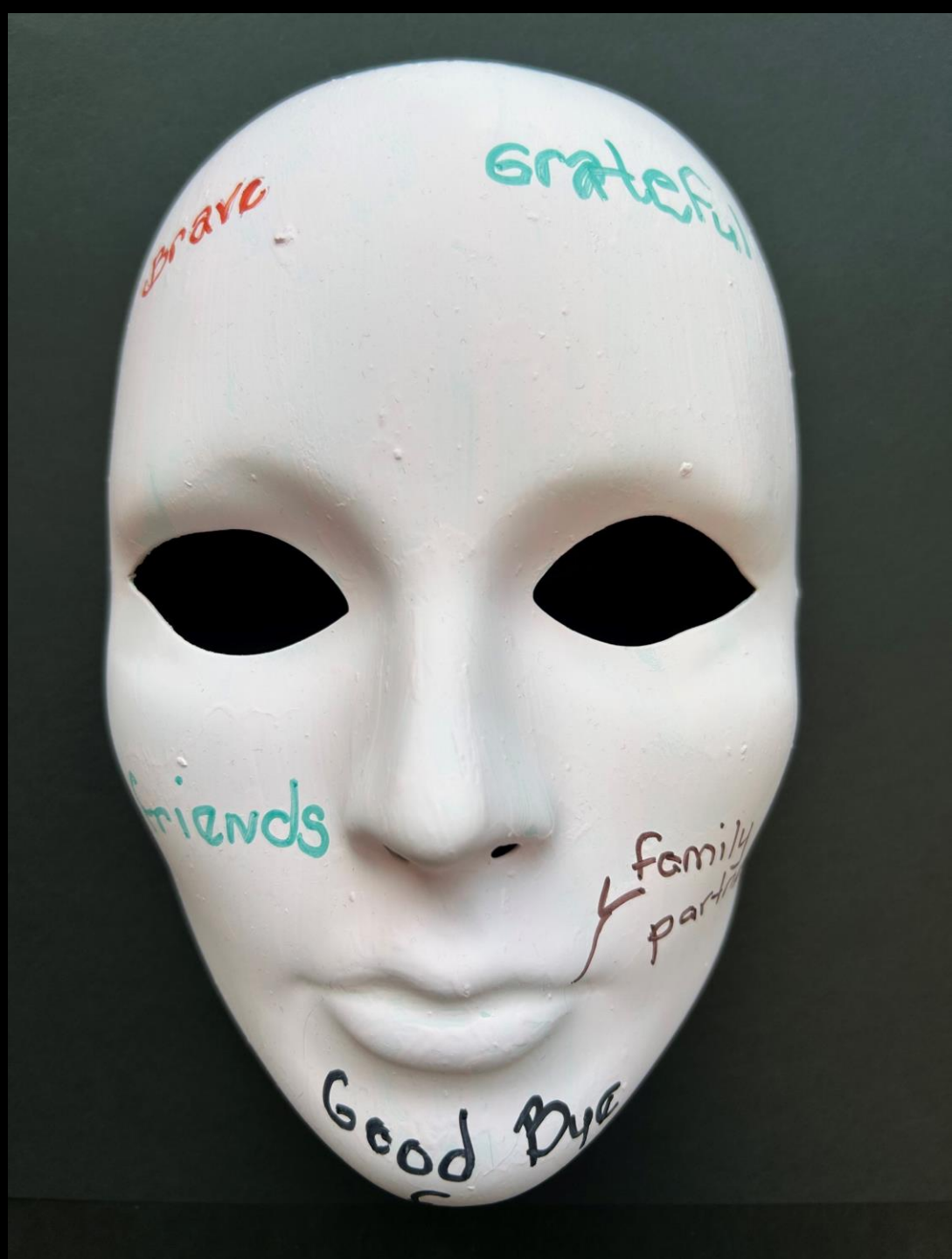




“My mask represents me.  
My love for the outdoors,  
my pets, family/friends  
and my ability to be  
creative.”



No description.





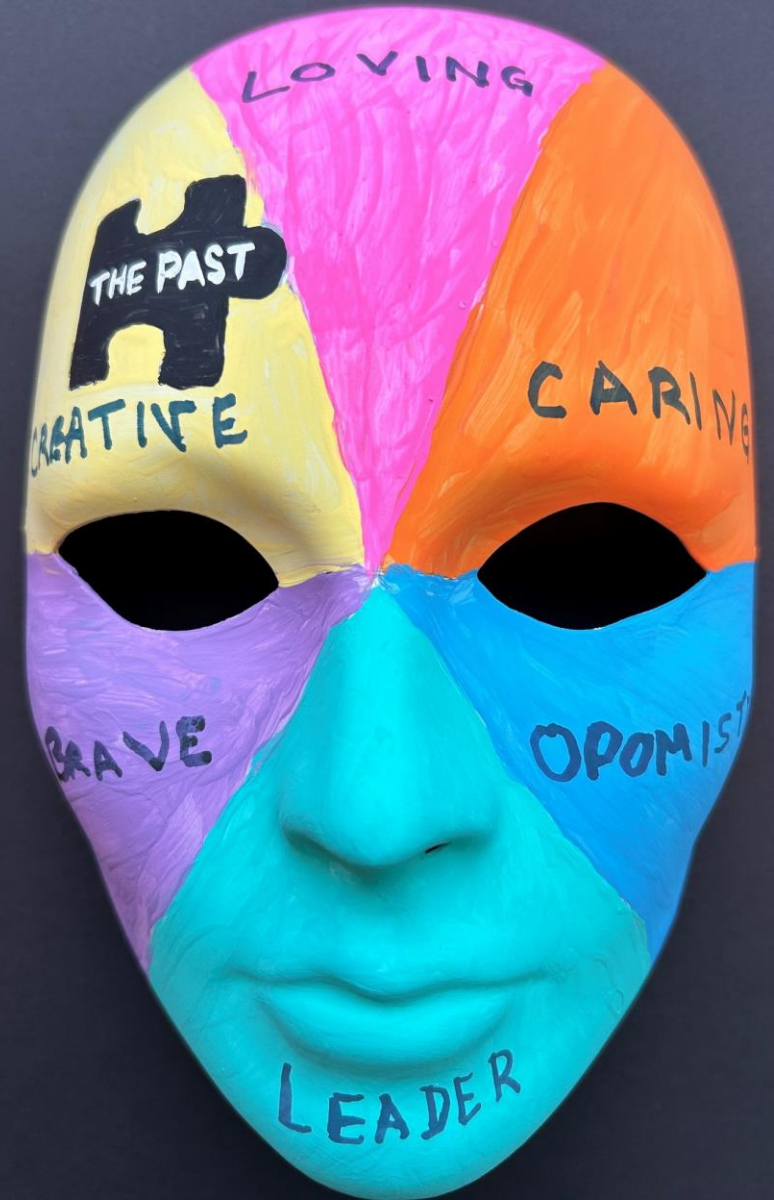
“My mask is coloured with different greens because green is a calm and accepting colour to me and I have come to terms with my brain injury.”

Cause of Injury:  
Car Accident



“The black puzzle piece represents my past and who I used to be. The colours represent how I’ve grown and evolved to be a more expressive person and the qualities I associate most with.”

Cause of Injury:  
Head Injury





“My mask represents my love for the outdoors and my family. It also represents the anger that comes with a brain injury and finding a balance between your old life and coming to terms with the new obstacles that come with the new life.

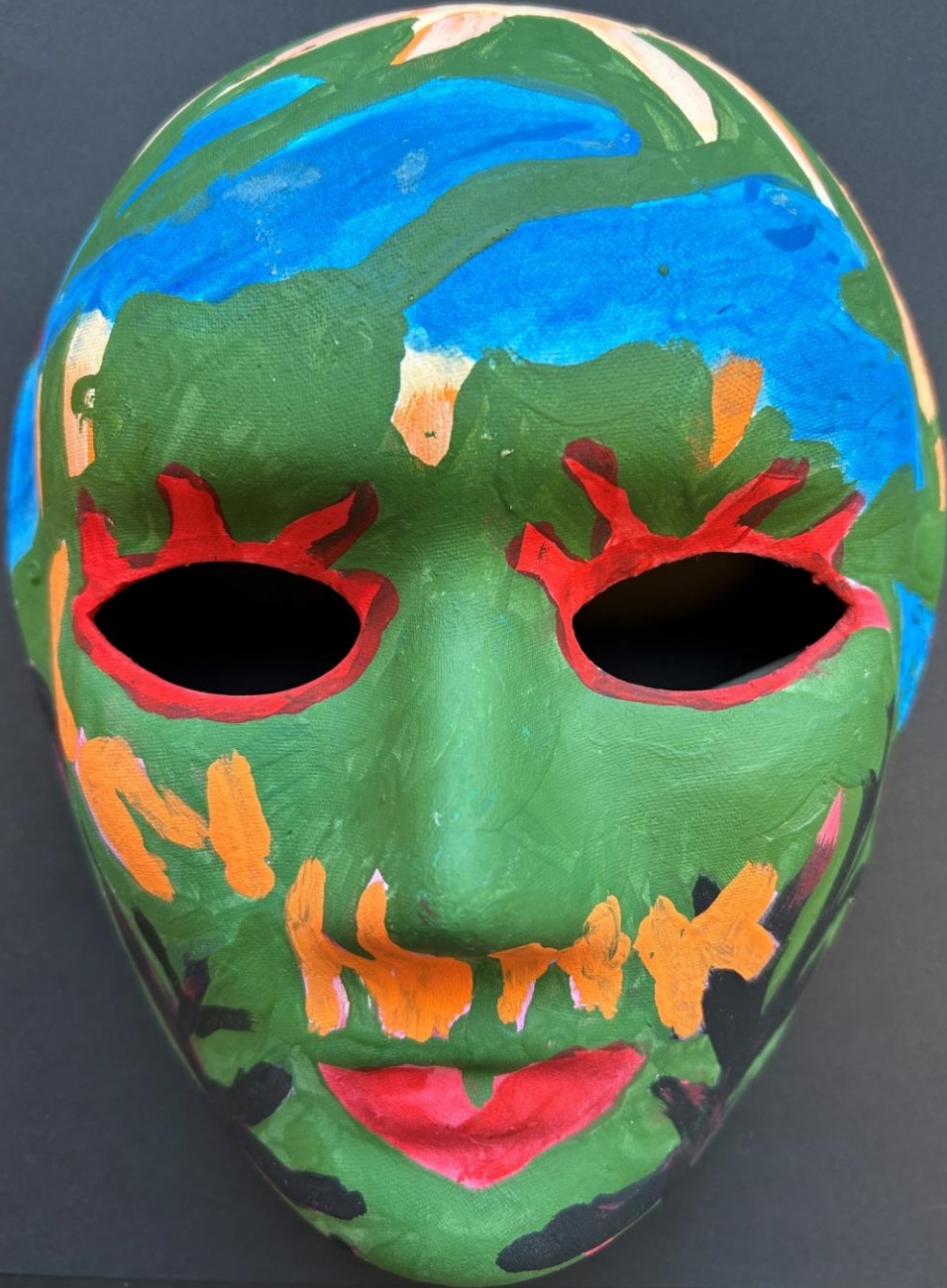
I would like to share my story and the affects of a brain injury so others may understand more.”

Cause of Injury:

I had a stroke on October 31, 2011 at  
12:30PM



Cause of injury: stroke  
No Description





My masks represents my mixed emotions surrounding my brain injury. I have felt every emotion imaginable and still remain consistent in my recovery.

Cause of Injury:  
Multiple Strokes

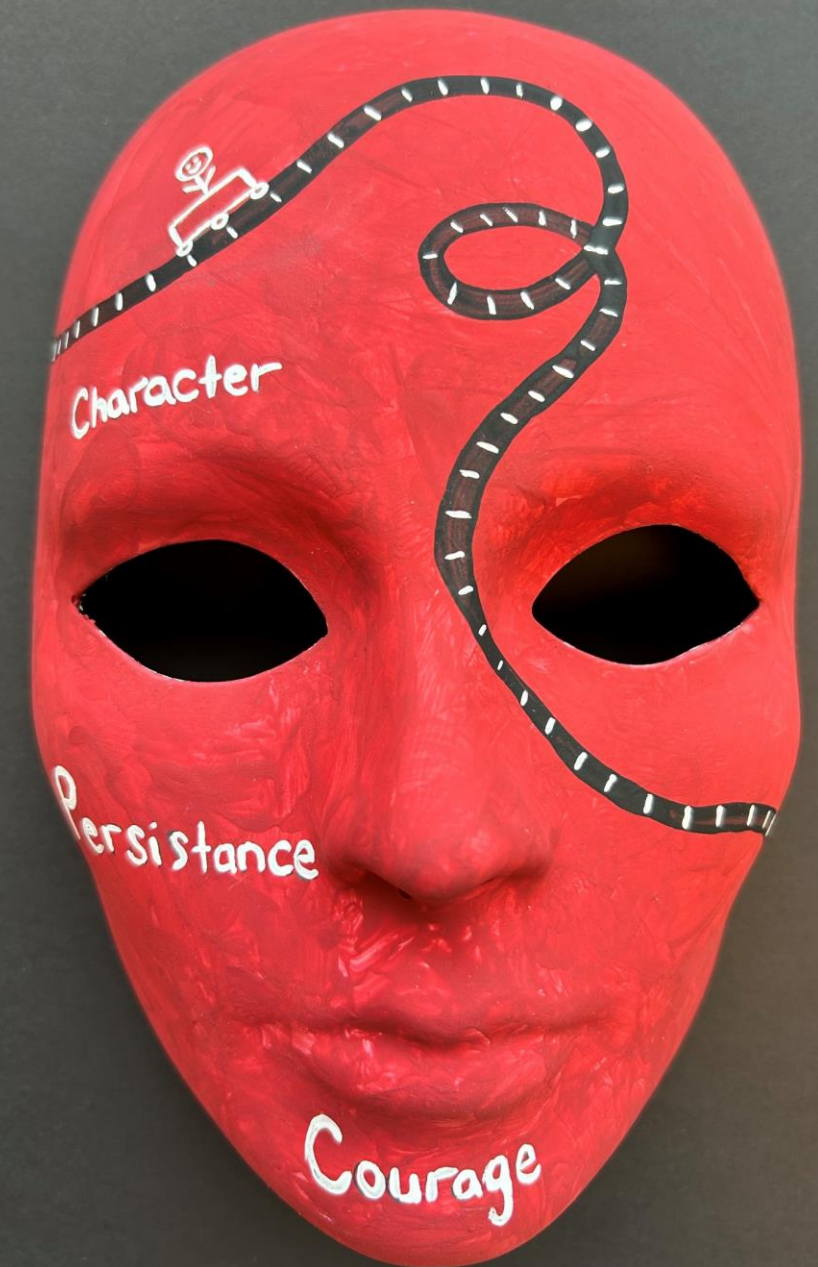


“My mask represents the rollercoaster of my journey through life after an acquired brain injury.

There have been many ups and downs but I have always had the courage to be persistent and never give up. This says a lot about my character and overcoming many obstacles along the way.”

Cause of injury:

Car Accident





“Happy with sad feelings.”



“Pain, fear, and loneliness.”

Cause of injury:

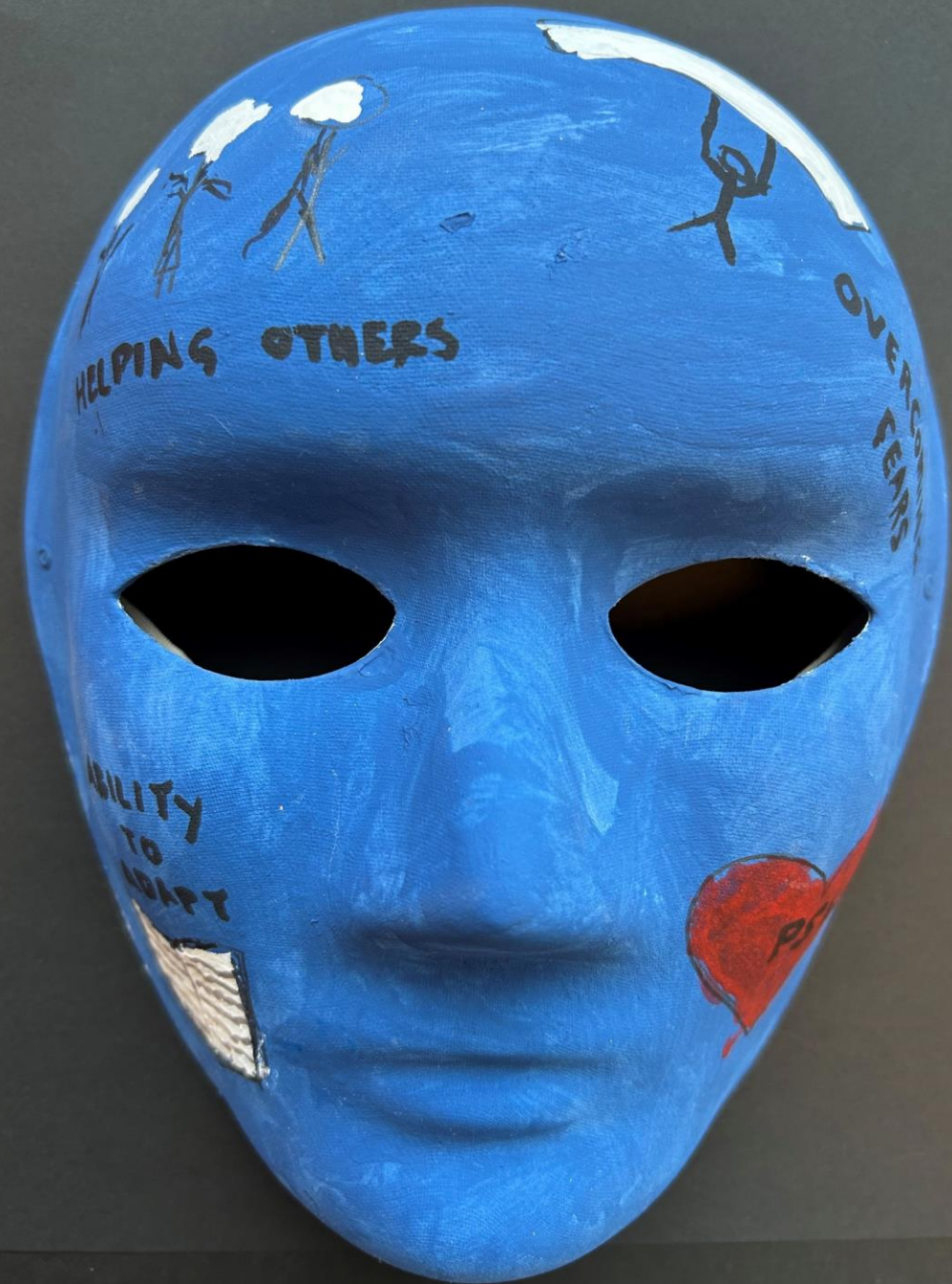
I was a victim of a violet crime





“My mask represents that since my injury I have learned to overcome fears and I have the ability to adapt. I also wanted to recognize the personal support worker who has helped me so much. I continue to enjoy helping others.”

Cause of injury:  
Stroke



“My masks explains how I would like to give back to my community and spread joy to all. It also represents my family I am very proud of an thankful for.”

Cause of injury:

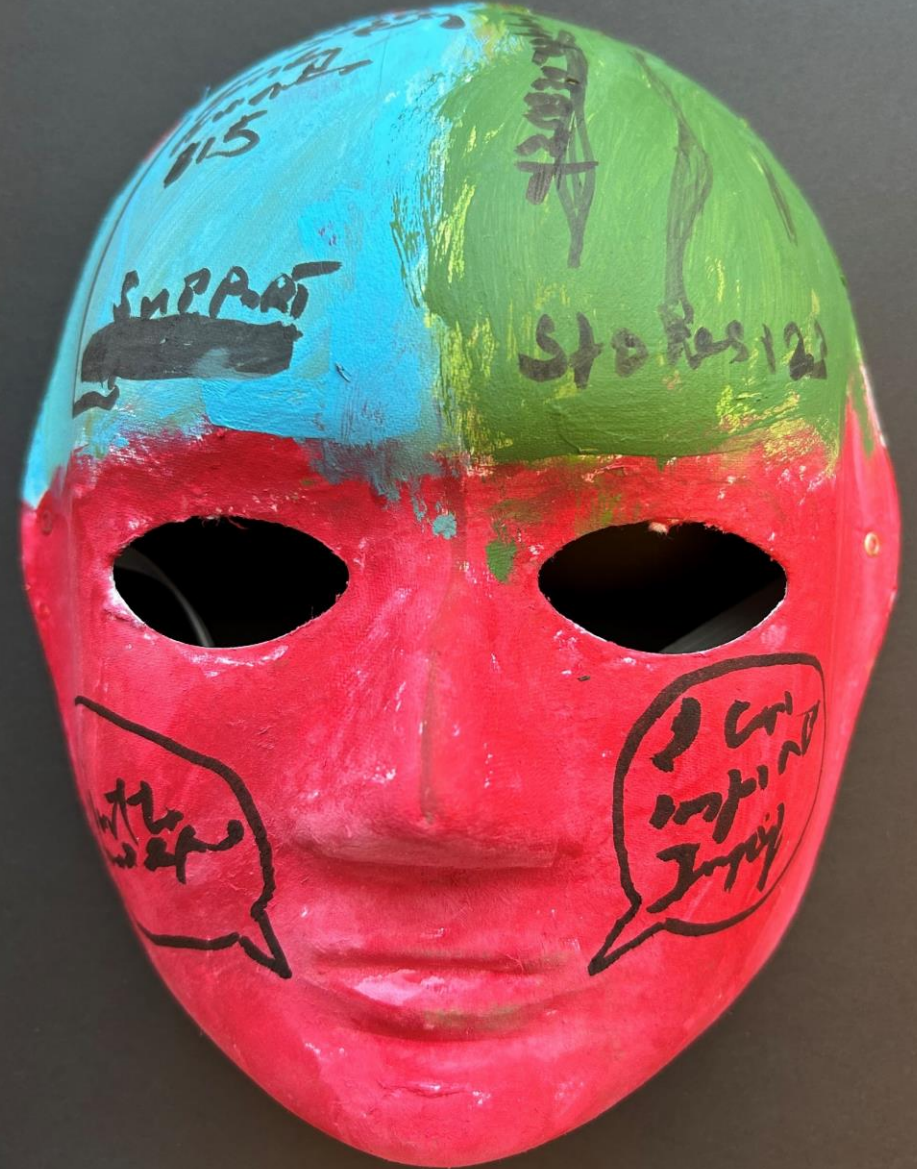
Stroke





“My mask represents the unconditional support I’ve received in my recovery. It also represents that I can overcome my injury and that I will continue to develop with the goal of excelling!”

Cause of injury:  
Stroke x3



“Lucky to be alive. I am a dice guru.”

Cause of Injury: Car accident

