

## Lost

*It scares me some days when I wake up unaware,  
I have no thoughts at all, I lay still and just stare.  
This happens each week, I feel alone and confused,  
Who am I? Where am I? I'm not amused!  
Apparently this is normal after brain injury,  
Once again just told, no help offered, what will be will be.  
I accept this now, although another tough fight,  
Not sure my strategy will help others, but it might.  
When you wake up all confused and just don't have a clue,  
Take the day as you find it, forget plans and things to do.  
Don't quote me on this but I think this is why,  
Your brain is saying slow down and needs to take a big sigh.  
It is easy to make yourself do too much each day,  
I understand this now and I've learnt it's not the way.  
Take control of your brain don't let it control what you do,  
To do this you need rest otherwise your brain will take away you.  
Strategies and routine work really well,  
Don't plan too much in your day, once you start you're able to tell.  
A notebook is handy to write thoughts and remember your plan,  
This helps your memory stay strong to keep overthinking as low as you can.  
This is simple and comes at no cost,  
The best thing about it is, you have control and won't feel lost.*

## Finn

*I spent a lot of my time living in guilt,  
Thinking, “what about my son and the life we had built?”  
An 8-year-old child who wants to go outside and play,  
My priority was Finn, I had to pretend I was ok.  
Trying to hide all my pain and tears I would pour,  
When his smile after trampolining would appear through the door.  
He relied a lot on Archie, his mate who was always there,  
Finn could talk to him, share his feelings, a true friend who did care.  
They would walk down to the Co-op or over the fields to the beck,  
I would panic where they were but could ring them to check.  
Changing schools affected Finn, I had no choice, it was tough,  
For him to deal with another change, as if one wasn't enough.  
Finn has been so strong through all this, he's had to cope with a lot,  
He's so brave and I'm grateful for the bond we have got.  
He has helped me and seen things that have caused some concern,  
I am told “that's life” and he will only learn.  
He tells me stories of my recovery and things he used to do,  
Like checking me in bed, keeping curtains closed so no light shone through.  
I couldn't be happier, I know he will be okay,  
He is a young man now and growing each day.  
I can't thank him enough for all that he's done,  
I love him so much and proud to call Finn my son.*

## Animal therapy

*An outdoor country girl with a love of animals,  
The therapy they give is unreal, my best pals.  
Animals give you a reason to get up on a morning,  
They create motivation and stop the bad day warning.  
I thought I was invincible post brain injury,  
I didn't want to know and caused more damage to me.  
In the end I had to give in and hold my hands high,  
It broke my heart saying goodbye to my horses, at least I did try.  
In the end there was one, he helped me through it all,  
I trusted him to look after me so I wouldn't fall.  
I would sit in the stable sometimes crying in pain,  
He would nuzzle at my head like he was massaging my brain.  
My love for that horse will never leave my heart,  
I was broken saying goodbye having to make my new start.  
Max and Jip were my dogs they were such good therapy,  
We went on adventures for miles, it really helped me.  
Kimmy is a pony who really helps me mend,  
She is one in a million and belongs to my closest friend.  
Then there is Bella my special Princess!  
She takes away all my anxiety and stress.  
We get up every morning, feed the guinea pigs then walk for miles,  
She loves playing with other dogs also learnt jumping over stiles.  
Animals heal everything and make a difference to life,  
They are the perfect solution for sorting your worries and strife.*

## Memories

*Nowadays my brain doesn't work how it used to,  
My memory is shorter and it shuts down 'til it feels new.*

*This is a pest but it's the way it's gonna be,*

*This change is hard to accept, it really affects me.*

*Some problems don't leave but you can make them less,  
Start creating new memories before your life ends up a mess.*

*Get rid of "What ifs" and wishing dreams could come true,*

*There's someone that can do this and that someone is you.*

*Believe in yourself and always find a way,*

*Even achieving small things is a start to your day.*

*You need to be patient and know it takes time,*

*You will get there eventually then feel in your prime.*

*Photos and diaries are great, they keep you in the know,*

*They are lovely to look back on and make memories grow.*

*Sometimes I find they help me relax and slow down,*

*Reading and viewing life knowing I no longer want to drown.*

*This also frees your mind to help your brain be less full,*

*It makes such a difference and you don't feel as dull.*

*Don't get yourself upset thinking you're going to forget,*

*Write it down or take a photo then your mind will be set.*

*Forget about the past and the things that have gone,*

*A life with new memories and a new you is the one!*

## *I made it*

*One thing I still need to remember and I always do forget,  
Is don't go back to how things were, the past is now only regret.  
Thank it for making you stronger and learning you more about life,  
Let this help you to move forward and make the positive rife.*

*Never stop learning and always have a goal,  
Achievements are the best feeling ever, they touch your heart and soul.*

*Keep your circle small and be grateful for each day,  
Recovery lasts forever but make it easier and find a way.  
Don't forget most things are possible but might be done differently,  
You will work it out yourself, I can't do this as you're not me!  
The biggest difference for me and the one that's helped the most,  
Is accepting how I am now and making the past now a ghost.*

*Life has all been changed but not always for the worse,  
You still have good and bad days and times when all you do is curse.  
It's difficult when your brain switches off and you're lost knowing what to do,  
For me I know it's a bad day, nothing works, you're confused and can't pull  
through.*

*Take each day as it comes and be grateful you are here,  
Be very proud of yourself and never ashamed to shed a tear.*

*My pathway all started in the bottom of a deep pit,  
Some days I sit back and think "hey girl you made it".  
So when you are down and start thinking of that half full cup,  
Just remember stay positive and never give up.*