

## KISS

*One of my helpers paid me a visit one day,  
He taught me a word that will never go away.*

*I use it so much and it helps me a lot,  
So, let me share this with you, it makes sense, I kid you not!  
When you're confused and your brain isn't working some days,  
Don't give up, just rest a while and think of other ways.*

*I understand that this is not always easy to do,  
Sometimes best to give up, forget it and think I don't give a poo!*

*Please just try and know there is always a way,  
You have to relax, have a think then you will manage your day.  
There are good ones and bad ones, it's the way that it goes,  
You have to conquer the bad ones, take control of those woes.*

*Don't let them hurt you, you need to be strong,  
They will bish you and bash you to make you feel wrong.*

*Life is what you make it, you are your own boss,*

*Try keeping your days all good ones if poss.*

*Don't make things harder than they need to be,*

*Keep your thinking low for your brain to be free.*

*Time for the word, now the thoughts are all rid,*

*It is KISS and this means "Keep It Simple, Stupid."*

## Still Human

*Please correct me if I'm wrong and made a mistake,  
I am still Helen, I've just upgraded and now I feel awake.*

*I see people today who I knew from the past,  
They look at and treat me so different, as if I'm made of cast!  
At first this used to hurt me, I used to ask myself "why?"  
Now I've realised they're not worth it, let the false ones pass by.*

*I used to blame myself for this happening to me,  
I had no one to turn to apart from my brother and close family.*

*I understand sometimes others don't know what to do,  
If you care for someone then surely you would help each other fight through.*

*It was awful and I suffered this bad feeling a lot,  
You have to get through it and let the bad thoughts just rot.*

*It's easier said and might take you a while,  
Concentrate on the circle of friends that make you smile.*

*Life is all about being content and happy,  
You needn't worry about the things that make you feel crappy.*

*Set yourself goals, this might help you a bit,  
Tick as you go, you'll feel achievements, as if you've made it.*

*Anything that makes you anxious or worry, just ban,  
Don't keep doubting yourself, after all you're still human.*

## Your Chance

*Professionals informed me I may not work again,  
Now that's not nice to hear, I hate my stupid brain.*

*Why can't I be back to normal just once more,  
Sometimes it is like bricking up your own front door.*

*You feel locked away from normality,  
Working hard pays for living, that's just reality.  
To feel useless and broke is devastating enough,  
Then to lose your business just makes it real tough.*

*There is always a way, I used to tell myself,  
I will do anything at all, even just packing a shelf.  
I tried everything but always felt I would fail,  
I kind of got the feeling what it would be like in jail.*

*I couldn't understand and had to reassure me,  
I would tell myself, it will happen, what's meant to be will be.*

*Six years and five months later my chance then came,  
Be patient, your chance in life will happen, you'll feel the same.*

*I could not be more grateful to be given some trust,  
I'll never forget the feeling of opportunity but there's a must.*

*I must do this, it means a lot and I will try my very best,  
You understand me and have given me the chance, now it's my test.*

*I tried different hours, can't do as many as I thought,  
You've adjusted them for me, thank you so much Reach Out Support.*

## Give it a go

*From the start of my recovery, I struggled to understand,  
There were so many questions and meetings for something I hadn't planned.*

*The brain injury team seemed demanding, I didn't like meetings there,  
I needed to find the answers, not just sit down in a chair.*

*I sometimes wonder, are you just another, moving along the conveyor belt,  
It seems like everyone's treat the same, at least that's how I felt.*

*You can't do this, you can't do that, everything was a might,  
My thoughts were, you'll never know until you try, make the wrong weaker  
than the right.*

*I would like to make individuals aware,  
there is no harm in trying but you might not get there,  
The best feeling ever is achieving your goals,  
If you feel like you fail, then don't, that's just the way life rolls.  
There's not much you can't do, you just need to find your way,  
Only you can work out what way is best, and that feeling will make your day.*

*I understand, now, how and why individuals give in,  
I nearly did it myself but managed to throw that thought in the bin.*

*I would like to reassure others and please just take it slow,  
There is no hurry to learn your way and certainly no harm in giving it a go.*

## Happy Place

*If it's one of those bad and really down days,  
Then always have a plan to make sure your positive stays.*

*It is not very nice when bad tries to rule,  
Feels like trying to kick on a stubborn old mule!  
It's important that you control the problems you face,  
For me, this means visiting my happy place.  
Sometimes you need to let all your thoughts free,  
It helps clear your mind and leaves everything be.*

*I take myself to Rockcliffe Marsh for a stroll,  
It's a place with great memories and clears away that dark hole.*

*I went as a child with my Granda, picking mushrooms,  
We ate as we picked, including soil as it looms!  
Those were the days when immune systems were well built,  
The outdoors, nature and unwashed hands left no guilt.*

*I remember the horse trials each year on the land,  
I loved walking the cross-country course, it used to be grand.*

*Most recent memories are Caroline and Luca, her dog,  
A nice lady I can talk to, as we wander and get stuck in the bog!*

*This makes me switch on to work out what I've to face,  
Start your day good, which means sometimes a trip to the Happy Place.*

*No change is as good as a rest*

*I am kind of wary of writing this one next,  
I am relying on understanding, not making others vexed.  
I come across this problem a lot during recovery,  
I have realised my thought maybe also a discovery.  
Sometimes my brain struggles, knowing where and getting lost,  
Time is taken away remembering, my memory disappears like the frost.  
Frustration plays a big part, it sometimes takes over my day,  
I am aware of it, get lost, cannot cure it or create a way.  
I tried, what I thought, was everything and have now managed to beat the  
worry,  
At least I feel I am now out of that giant pit of slurry!  
Here goes, I will share, but sorry if I offend,  
I am hoping it actually helps folk understand and also maybe mend.  
Others will wonder why I get angry and snap a lot,  
Sometimes it's caused by humans "helping" but they're not.  
This is so difficult for me to explain, but I'll try,  
Post injury you need to find ways, that work for you, to get by.  
One is everything having a place so you know where to go,  
It makes it simple to find things you may forget, it keeps you in the know.  
I hope this helps the ones that try and lend a hand,  
Don't take it to heart, all that's asked is, try to understand.  
Our brains need time and to work their own way,  
Ones that do for them, make them angry so they will tend to say!*

## Don't give up

*Trying to mend is the hardest thing ever,  
Each day you wake up due to pain from your sever.  
You try and plan things to do for the day,  
Disappointment often wins, you can't do things the same way.  
Some days I couldn't do anything, Mum and Dad used to call,  
I had to stay in the house, it was awful, I wanted to end it all.  
After getting advice, I tried little tasks each day,  
Once I started to understand things, nothing would stand in my way.  
I found it hard to do everything, it's all time and having a goal,  
You really have to want it and give it all your heart and soul.  
At first, I was told I may not be able to horse ride,  
Look at me now, back in the saddle bursting with pride.  
I am conquering the Wainwrights, help a farmer with his sheep,  
Even tried Mindfit Boxing, all creating memories to keep.  
In summer months I cycle and swim in a lake,  
Weather depending, the day is planned when I wake.  
To some all this exercise make them think I'm ok,  
I wish they all knew and didn't judge me this way.  
The best way to describe it is, always find your way,  
Have something to look forward to, when you wake up each day.  
It will all be ok, take your time, don't give up,  
Stay positive and always remember the half full cup!*