



# Phase 6: Staying Connected

## Assignments:

- Visit my local Brain Injury Association and learn about what support resources are available for my family.
- Attend a support group to determine if this could be beneficial.
- Maintain self-care plan and seek assistance/support if needed.
- Determine what method will work best for you to communicate updates to important others.

## Looking Ahead:

- There will continue to be ups and downs.
- Celebrate accomplishments no matter how small.
- Each step is a new step: How will I find patience with myself and my family as we continue down a new path?
- What are the markers that will let me know that I need to focus more on self-care?
- Could I benefit from additional support? How will I ask for help if I need it?

