





Is it a stroke?

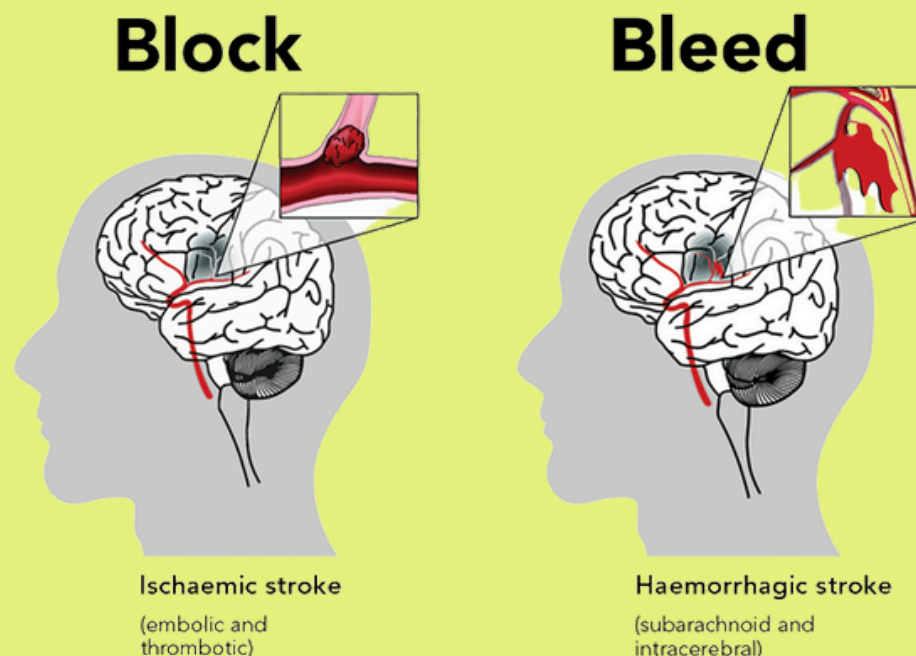
	FACE	Has their face or mouth dropped?
	ARMS	Can they lift both arms?
	SPEECH	Is their speech slurred? Do they understand you?
	TIME	If you see any of these signs, call triple zero (000) immediately and ask for an ambulance. Early treatment could save their life.

Main Causes

- Blocked or burst blood vessels in the brain (Ischemic or Hemorrhagic Stroke)
- High blood pressure (“silent killer” linked to modern sedentary lifestyles)
- Heart disease and irregular heart rhythms
- Diabetes and metabolic syndrome
- Smoking or excessive alcohol use
- High cholesterol and poor diet
- Sedentary lifestyle & lack of exercise
- Chronic stress and sleep deprivation

UNDERSTANDING BRAIN STROKE

“I felt a sudden numbness on one side of my body and my speech slurred. I thought it would pass, but it didn’t. Everyday tasks became a challenge. I struggled to hold a pen, button my shirt, or even speak clearly. I felt frustrated, scared, and unsure of myself.”



HOW TBI AFFECTS THE BRAIN & BEHAVIOR

Cognitive Symptoms

- Memory problems or confusion
- Difficulty speaking or understanding language
- Trouble with attention, focus, or processing information
- Planning, organizing, or problem-solving

Emotional and Psychiatric Symptoms:

- Anxiety or/and depression
- Sudden mood changes)
- Frustration or irritability
- Reduced motivation or apathy

Physical Symptoms:

- Weakness or paralysis on one side
- Numbness or tingling
- Difficulty walking, balancing, or coordinating movements
- Vision problems
- Fatigue or sleep disruption
- Headaches

HOW MINDDHARA HELPS: The Brain & the Mind

At MindDhara, we believe that brain injury recovery is more than just restoring function, it's about healing the whole person, including your emotional, social, cultural, and spiritual self.

Biological



- Cognitive rehabilitation for memory, attention, and executive function
- Neurological support and therapy for stroke, TBI, or chronic conditions
- Monitoring physical health factors affecting brain function

Quality of Life & Independence MindDhara Couch

Psychological



- Family and caregiver education and involvement
- Team and community support for daily functioning and recovery
- Guidance for adjustment, returning to work, school, or social life

Social



- Coping strategies for anxiety, depression, or emotional changes
- Resilience-building, stress management, and motivation enhancement
- Personalized therapy to address cognitive, emotional, and behavioral needs

