



Seeds of Growth

Hope and Healing After Brain Injury

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DISCLAIMER: Dr. Cherryl Clark is a Traumatic Brain Injury Survivor and inspirational speaker. She is not a medical doctor, therapist, licensed counselor, or psychologist. The information shared is based on personal experience and is intended for inspirational and educational purposes only. It does not constitute medical, psychological, or therapeutic advice.



My Journey with Brain Injury

- Traumatic brain injury survivor
- A life-changing moment
- A journey of faith, recovery, and resilience

My Journey of Hope and Healing



One Seed at a Time 



Brain Injury Changes Everything

Brain injury can affect:

- Memory
- Focus and thinking
- Emotions
- Energy and fatigue
- Daily activities

The Invisible Effects of Brain Injury

Memory Problems

Fatigue

Headaches

Sensitivity to
Light & Noise

Confusion &
Foggy Thinking

Mood Swings

Anxiety & Depression

Sleep Issues

It's a Hidden Injury.





The Invisible Struggle

What survivors often experience:

- Cognitive overload
- Sensory sensitivity
- Emotional changes
- Fatigue
- Adjusting to a "new normal"



A Turning Point

Learning to Grow Again

Healing doesn't always happen quickly. Growth happens with:

- Time
- Patience
- Support
- Faith



Seeds of Growth

What is Seeds of Growth?

A practical approach to healing after brain injury.

Focus areas:

- Daily living tools
- Emotional and spiritual strength
- Community and connection
- Encouragement for families



Daily Living Tools

Small tools that help:

- Use reminders and calendars
- Write things down
- Break tasks into smaller steps
- Take rest breaks
- Use notes or apps for memory

Small tools create big progress



Healing the Heart

- Meditation, Prayer and Faith
- Scripture Encouragement
- Rest and Quiet Moments
- Meditative Calming Instrumental Music
- Celebrate Your Progress
- Give yourself patience and grace



Community and Connection

You are not alone

Support may come from:

- Family and friends
- Support groups
- Mentors and coaches
- Sharing your story

Community brings strength



Seeds of Growth

Growth is possible
Healing takes time
Hope remains

One Seed at a Time

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