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## NC Brain Injury Conference Presentation Upload Form

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<b>Presentation Title</b>	Towards Wellness in Brain Injury: The Unmasking Brain Injury Project

### Presentation Summary (Optional)

Wellness after acquired brain injury (ABI) is independent of functional status, indicating that enhancing wellness can improve quality of life and foster purpose. The Unmasking Brain Injury project empowers individuals to share their ABI stories. Guided by the Six Dimensions of Wellness (DoW)—cognitive, physical, emotional, occupational, spiritual, and social health—this study analyzed 1,019 narratives from art in the Unmasking Brain Injury Project. Analysis focused artistic composition and narrative elements including sentiments of wellness. Narratives reflected DoW, with positive sentiments linked to spiritual and social health, while negative sentiments included physical and emotional wellness. Masks foster community education and personal reflection, aiding ABI wellness discussions, which may be a valuable clinical tool for supporting wellness in people with ABI.

### Presentation File Upload (PDF's Only)



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