

Overview & Videos

Making a Comeback: Five Surprising Lessons from Stroke Survivors



Your brain is your master computer. A stroke can affect the “programming” and various aspects of your health. When more people *reduce risk for stroke and recognize and respond quickly to stroke symptoms*, we increase the chance of recovering from a stroke. Here are a few lessons stroke survivors can share from their experience:

1. Rest (or else)

- Pay attention to what your body and mind are telling you.
- Pace yourself.
- Sit quietly, close your eye, nap—do what helps you get back in balance.

2. Just do

- Try all types of activities - old and new.
- With practice and repetition, you can get better.

3. Support your support team

- Caregivers need a break – self-care is not selfish.
- Look for stroke support groups.

4. Get handy gear

- Find gadgets and gear to help you do everyday tasks.
- Get creative about doing what you want or need to do:
 - [How to bake brownies with one hand](https://www.youtube.com/watch?v=EwaXCmj6e2o&list=PL70Bo47851SJBkKpTpwHXwF8b3kiWgc9W&index=2)
<https://www.youtube.com/watch?v=EwaXCmj6e2o&list=PL70Bo47851SJBkKpTpwHXwF8b3kiWgc9W&index=2>
 - [How to dry your daughter's hair with one hand](https://www.youtube.com/watch?v=MmIxx3MWWME&list=PL70Bo47851SJBkKpTpwHXwF8b3kiWgc9W&index=4)
<https://www.youtube.com/watch?v=MmIxx3MWWME&list=PL70Bo47851SJBkKpTpwHXwF8b3kiWgc9W&index=4>

5. Keep good company

- Resist the urge to withdraw.
- Others need & want your company.
- Enlarge your social circle.
- Volunteer & help others understand.

Videos:

- Webinar on Preventing Stroke <https://www.youtube.com/watch?v=Uen-Hxgbj5k>
- 2-minute guide to B-E F-A-S-T <https://www.youtube.com/watch?v=kr4syeWvaI8&feature=youtu.be>