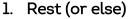
Overview & Videos

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:



- 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=PL70Bo47851SJBkKpTpwHXwF8b3kiWgc 9W&index=2
 - How to dry your daughter's hair with one hand https://www.youtube.com/watch?v=MmIxh3MWWME&list=PL70Bo47851SJBkKpTpwHXwF8b3kiW gc9W&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 quide to B-E F-A-S-T https://www.youtube.com/watch?v=kr4syeWvaI8&feature=youtu.be



