

Advice for Stroke Survivors from Stroke Survivors

- Understand what caused the stroke and the signs of stroke for the future. You may not realize you are having a stroke.
- Remember BE FAST (Balance, Eyesight, Facial Droop, Arm Weakness, Speech Difficulty, Time to call 911).
- Seek out more information about your injury, learning more about it can help.
- Remember It's not your fault.
- Realize it's a problem. Be grateful you're here.
- Rely on faith, family, and friends.
- Curb your anger.
- Be patient. Do the work and work at it everyday.
- Recovery takes time and depends on the the severity and location of stroke and other health factors.
- It is so easy to say, "Screw it, I'm done." You must have the discipline and drive to do the work.
- Do what you love, e.g., horse riding, working, sports, animals, reading, fishing, things that take your mind off your problems. Prioritize your mental health.
- Your brain gets tired. You need to recover to stay calm.
- Go ahead and just cry sometimes. It's okay to cry.
- Try box breathing.



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- Go to speech therapy or the other therapies depending on your needs (e.g., physical or occupational therapy). Keep up with your rehab exercises.
- First step is showing up, and that's the biggest step.
- Find a group. Listen to other people's experiences and what they do. You are not alone. We have all had similar experiences. Even if you're hesitant, just try it.
- You can get frustrated, but it calms me being in a group.
- You cannot quit. The more you practice, you will get better.
- It can be embarrassing in the beginning. You may think "I don't need this" but you do. Need it.
- Names can be hard. It is hard to remember.
- Use technology. Using my phone and making notes helps.
- Read out loud.
- Listening to music or eBooks can help.
- If you can't think of the word, talk around it.
- It's okay to be afraid. But you need to conquer your fears and move on.
- Use your aphasia card.
- We are all in the same boat. Maybe just different positions in the boat.
- You're not a victim, but a survivor.

Good luck on your
challenge of a lifetime,

Pueblo Speech Stroke Group



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