

# Do This and Feel Better Everyday



Transcription:

Bill Gasiamis 0:00

It's Bill from [recoveryafterstroke.com](http://recoveryafterstroke.com), I thought I'd wear this high visibility vest today to brighten things up because you can't get much brighter than bright orange.

When things were really tough for me when I was recovering from brain surgery and learning how to walk again and even before that with the three bleeds that I experienced in my brain, I found myself focusing on what I was grateful for.

Bill Gasiamis 0:29

And it's something that I continue to do since February 2012, when I had my first experience, and the reason I do that is because focusing on something that you're grateful for, really changes your mood and changes the way your brain works.

Bill Gasiamis 0:49

So automatically, what it does is as soon as you choose to go into gratitude, what you're grateful for, you get out of your head and you connect into your heart. It's there, that what is really important in life really comes to the front really comes to the fore.

Bill Gasiamis 1:08

And you start to notice that you're mentioning things that you're grateful for that are completely different from what you thought your head thought, were things

that you needed, or were the things that you should be focusing on.

Bill Gasiamis 1:26

When you put your hand on your heart, the gratitude takes even a bigger leap towards connecting to your heart and actually getting out from you the things that you are really grateful for, that your heart is actually desiring to achieve, not what your head thinks it should be achieving or doing.

Bill Gasiamis 1:55

Now, I'm not saying that there's definitely not a time for being upset. angry, mad, sad or any of those things for what you're going through, especially during these times of difficulty that we're all facing across the planet.

Bill Gasiamis 2:12

But what I'm saying is don't stay there for too long and learn a way to focus on other things other than the same negativity all the time. So, after this post has finished, what I want you to do is leave some comments about the things that you are grateful for.

Bill Gasiamis 2:35

And to do this, I want you to connect with your heart. Put your hand on your heart, and ask yourself during these difficult times, with all the things that I've experienced, that are unpleasant, what are some of the things that I am grateful for?

Bill Gasiamis 2:51

And it could be something simple, like it could be the fact that the leaves are green, the leaves behind me a green It could be that the sun is out today that it's gonna be a warm day. It could be that I can feel the freshness of the weather on my face. It could be that I'm grateful that my kids are doing well and are okay.

Bill Gasiamis 3:14

All things considered. It could be the fact that I'm grateful that my partner is healthy. And well, it could be the fact that I'm above ground and actually telling you this story and sending you this message and you people are going to respond to me.

Bill Gasiamis 3:30

That is something I am truly grateful for. For me, I'm also grateful for the fact

that I have the podcast. And I have interviewed more than 90 people who are sharing stories of recovery and overcoming adversity and getting better and focusing on new things and learning and growing even after terrible strokes and terrible setbacks that they've faced.

Bill Gasiamis 3:54

Definitely grateful for the emails that I received regularly. I'm grateful for my coaching clients who are doing amazing things in overcoming their challenges and getting better, and learning and growing, and not letting stroke be how they define themselves.

Bill Gasiamis 4:15

I'm grateful for my cat who does nothing else but sleep and whinge and eat. Look at that face. I'm grateful that this pandemic is happening at a time where we have communication methods available to us.

Bill Gasiamis 4:35

And if there was 100 years ago, we wouldn't know about the pandemic until people were just dying around us constantly all the time. And I know some people are doing a tough now around the planet. And I'm just grateful that other people have the opportunity to be informed and to make decisions because they have information because it's coming to them at television or via social media or via the radio, or via all the other ways that we are now connected and we can share information.

Bill Gasiamis 5:08

I'm grateful that now we have medical help that we've never had before. And we are in the best situation to find to fight this thing. And we've got medical researchers looking for a cure. And we've got hospitals that can support the doctors better than ever before.

Bill Gasiamis 5:27

We've got amazing caring nurses that are interested in patient health and are putting themselves at risk and hopefully they'll be able to stay safe. I'm grateful that we will get through this and it will pass just like other pandemics have passed.

Bill Gasiamis 5:43

People always get through these types of things. And I know the toll can be high

but people will get through this will overcome the major pandemic of the early 19 hundred's is more than 100 years. Go. And humanity has thrived since then, so much invention and so much has changed in 100 years that we've been on the planet. I'm so grateful that we are living on this time on the planet, it's the best time ever to be alive.

Bill Gasiamis 6:18

We are in the early stages of a shutdown here in Australia. There's definitely been a lot of restrictions already placed on us. And there's a lot of people feeling the pinch, have lost their jobs, and I'm grateful that the government is working out a way to somehow put some money in their pockets. I'm also grateful that the government is somehow working out a way to support people who are renting, who might not be able to make their rent.

Bill Gasiamis 6:46

I'm grateful that there's a possibility that landlords will be given the opportunity to not make bank repayments for the next six months. I mean, all these things are amazing opportunities to help each other And I overcome this challenge. I'm grateful that people are thinking about how do we keep people in their homes and afloat for as long as possible.

Bill Gasiamis 7:09

And I'm grateful that there's going to be another side to this. Just like any trauma, just like any adversity, there is always another way to get through this, there's always another side, there is always a brighter day, there is always a recovery.

Bill Gasiamis 7:24

And you just have to be looking for how to solve your problems, rather than what all the problems are that you have, choose one problem and work towards solving that. And then once you've solved that, choose another one.

Bill Gasiamis 7:38

And if the problem is that you have a big, find a little ones to solve, first, they'll give you some feeling of actually achieving something and overcoming something and then as the little problems that you've solved stack up and start becoming as they start to stack up, you start to feel better and better about yourself and you'll be more empowered to solve the bigger problems.

Bill Gasiamis 8:04

So, tell me what you're grateful for. And I look forward to hearing from you. If you would like to connect, you can connect with me at any time [bill@recoveryafterstroke.com](mailto:bill@recoveryafterstroke.com). Just send me a direct message if you need to.

Bill Gasiamis 8:21

You can contact me any way you like. Go to [recoveryafterstroke.com](http://recoveryafterstroke.com) to check out episodes of the podcast if you are looking for people to inspire you about overcoming stroke and about getting better do that.

Bill Gasiamis 8:37

And if you are interested in being on the podcast as a guest as a stroke survivor and you want to share your story, how you've overcome things, please also get in touch and let me know. It's Bill from [recoveryafterstroke.com](http://recoveryafterstroke.com) thanks so much for being here. I am grateful that you are