Happy Thanksgiving



Transcription:

Bill Gasiamis 0:01
Bill from Recoveryafterstroke.com. Hows my new headwear? Just out doing some gardening and it's a sunny day so I thought I'd pop out get those things done, enjoy the sunlight but not get myself cooked to a crisp.

Bill Gasiamis 0:24
And I just had a couple of messages this morning from people wishing me a Thanksgiving. And I'm loving this because in Australia we don't celebrate Thanksgiving. And when I receive these messages I wondered why we don't celebrate Thanksgiving in Australia, we definitely should. Because the messages I received. People were giving thanks they connected with me, or that I helped them or all these other things, and I just couldn't believe it. So I'm really grateful and I give thanks for those people are connecting with me too, and that they're doing something about their ongoing recovery from stroke.

Bill Gasiamis 0:56
So I wanna give thanks too and I'm gonna start giving thanks every year for Thanksgiving, and every other day whenever I feel like which I do, just as part of my little self gratitude routine. I wanna give thanks to all the people who listen to the podcast, recoveryafterstroke.com for all the people who have downloaded a free Seven Questions to Ask Your Doctor After Stroke.

Bill Gasiamis 1:21
Everyone who has subscribed to save the updates on a regular basis, from recoveryafterstroke.com of new episodes, or new things that are going on. I really appreciate it. I want to give thanks to all the people who are continuing their ongoing recovery after stroke. I really want to make sure that you guys know that you're doing an amazing job and I know it's hard and I know that sometimes it's heartening.

Bill Gasiamis 1:46
I know sometimes it's frustrating and it can make you angry I get it. So I wanna

give thanks to you for continuing to recover after stroke. I wanna also give things to the time that we live on the planet in that if we lived on the planet at any other time this is a much lonlier story, a much lonlier process and to go through it with people that are also going through the same thing really helps me feel better about the situation.

Bill Gasiamis 2:14
You're gonna have to feel better about a terrible and difficult situation. So I want to give thanks to the fact that I live on the planet this time where they can operate on my head and remove a faulty blood vessel and make sure that it doesn't bleed again so that I don't die from this thing. I mean, there's so many things I want to give thanks to the doctors, the nurses, how good were the nurses trying to get us through difficult times and get us up and back on the road.

Bill Gasiamis 2:46
So I'm really excited to say that Thanksgiving, is something I'm going to celebrate. Let's not forget I want to thank my family. My brother and my sister in law's my in laws in general, ,my parents, my children and my wife whos probably had to cope the most difficult times with regards to being directly impacted, and then not being resourced enough to do anything because she's not a trained nurse or a doctor.

Bill Gasiamis 3:16
And she's got to help and care for somebody who's recovering from stroke. Now thankfully I have taken the task away from her now, she doesn't need to do that for me anymore so she's able to get back to her own projects and things that she's interested in, so that's amazing. I'm thankful that she's been able to do that.

Bill Gasiamis 3:32
So what an amazing thing Thanksgiving is giving thanks for the things that are important to you and I wanna give thanks for you guys, thank you for following and do me a favor. Leave your comments below. Let me know what you're thankful for what you give thanks for, gratitude is such an important part of the recovery journey after stroke, there are so many lets face it shit things about stroke let's just for a moment let's just focus on what's good about a lot right now, in spite of stroke. Happy Thanksgiving!