

# How To Manage Setbacks After Stroke - Bill Gasiamis

7 Tips to help manage setbacks after stroke by Bill Gasiamis will give you some ideas that may help you navigate stroke setbacks

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Bill 0:00

My week. So for example, if I've got somewhere to go on a Saturday night, and then I make sure that I'm not going to go out on Friday night, and I make sure I don't do anything too massive on Thursday night because if I do go out both those nights that by the time I get to Saturday, I will have overexerted myself in my brain.

Bill 0:19

And if I go out on Saturday, it might be a really terrible Sunday. So I want to avoid doing that. So I try to reassess often about what I need to do to get through my week to get to the event that I want to be at and be feeling the best and

feeling great about being there and enjoying myself while I'm there.

Intro 0:40

This is The Recovery After Stroke Podcast, with Bill Gasiamis, helping you navigate recovery after stroke.

## Introduction



Bill 0:53

Bill Gasiamis here again for [recoveryafterstroke.com](http://recoveryafterstroke.com) This is Episode 132. And today's episode is a solo episode. Today, I wanted to bring to you my seven tips to navigate setbacks while on the road to recovery after a stroke.

Bill 1:10

So like me, if you've probably had setbacks during your stroke recovery and, I believe that you'll find these tips helpful. It's taken me three days to get to the point where I can actually record this podcast episode because for the last three days, I've had a massive headache.

## Stroke recovery setbacks

Bill 1:29

And I haven't been able to sit in front of the computer properly, especially in front of bright blue computer lights. And that is one of the things that I consider to be a setback. And I think it's really important to have this discussion because people can take setbacks in a bad way.

Bill 1:49

And I used to, but I want to talk about how I started to change the way that I looked at setbacks and change the way that I went about doing things so that I could recover and overcome them sooner.

Bill 2:02

Because I'm nine years post-stroke, and still the setbacks come that don't come as dramatic as they used to, but they still come. Now just before we get started, if you have enjoyed the recovery after stroke podcast, I wonder if you would do me a favor and go ahead and give the show a five-star review on the podcast platform that you listen to your favorite shows on.

Bill 2:28

Now, this will make a huge difference to the ranking of the show. And we'll make it easier for other stroke survivors to find and hopefully, it will help them feel better about their stroke as well.

Bill 2:39

Now if you have a favorite episode of the show, go ahead and share it on your social medias. And like it on YouTube, leave a comment and let me know which episode it was and how it helped you and why it resonated with you.

Bill 2:54

Now also, if you have ever wondered what else I can do to help you with your stroke recovery, you should know that you can now get recovery after stroke coaching right from the comfort of your own computer.

Bill 3:06

I too am a three-time stroke survivor I've built for you what I was missing when I was sent home from the hospital in the hope that you don't have to do stroke recovery as tough as I did.

Bill 3:16

Support packages give you access to a variety of tools 24-hours a day, seven days a week so that you can also work on other areas of stroke recovery, like adjusting to your new normal, even managing the grief that you may be feeling from your former self.

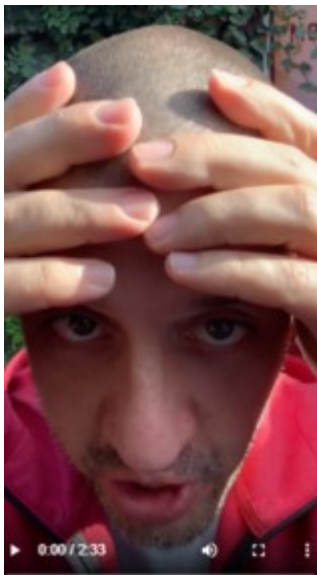
Bill 3:30

With tailored support available from \$8.50 per week, all recovery after stroke support packages, bring stroke recovery to you in the comfort of your own home. To try out recovery after stroke support and see if it is right for you, you will get the first seven days free as well as a 30-day money-back guarantee no questions asked.

Bill 3:49

As a bonus, you will get to face to face zoom support calls with myself to take your recovery to the next level. So go to [recoveryafterstroke.com/support](https://recoveryafterstroke.com/support) to sign up, it won't cost you anything for the first seven days. And you will get a full refund if you are not happy after 30 days.

## **How To Manage Setbacks After Stroke Tip 1. Rest**



Bill 4:09

You have nothing to lose and everything to gain. And now it's on with the show. All right. So here is tip number one. And this is the only tip that it's my go-to tip. It's the one that I do the most. And it's the one that I've been doing the last three days trying to overcome this setback called a headache, a constant headache, and that is rest.

Bill 4:30

And the way I go about resting is to actually do less and to sleep more and try and go to bed a little bit earlier. Now, doing less for me is a really important thing because I'm a high achiever and I can't normally sit still. So my idea of I've got

nothing to do today is a to-do list of about 10 or 15 steps.

Bill 4:57

So in order for me to get to do less, I've got to really put the to-do list aside and not worry about what has to be done today and do that tomorrow. I mean, there's nothing urgent that's on those lists. And as a result of that, I don't really need to worry about doing any of those things urgently.

Bill 5:22

I can put them off until tomorrow. And what's most important about that is that I've stopped feeling guilty about putting things off and not doing the things that I had in my mind, to do on a particular day, and feeling bad about the fact that I haven't done it and feeling like I'm not being productive.

Bill 5:44

It's really okay. If something is urgent like you need to cook, and you're so tired that you can't even get up to cook. But because you're feeling guilty about other things not being done, for example, around the house, you might get to that point where you do all those other things that you feel guilty about. And by the time you get to the end of the day where you need to cook, you haven't got enough energy to do it.

Bill 6:07

So what I say is, the most important thing to me, for example, is I would prefer to cook a lovely meal at the end of the day. Which means if I have to do nothing all day, to get to the point where I am comfortable to be able to go buy a few ingredients and bring them back and make a nice meal for me and the family, I prefer to do that.

Bill 6:25

So that's my to do list, it's definitely different than what it used to be I do a lot less. And I spend as much time on the couch as I need to or I sleep longer and I stay in bed for later, when I wake up in the morning, now I might be awake, and I might not be doing much, and it might feel for some of you like that's boring.

Bill 6:50

But for me, I just put on a little meditation track and allow myself to stay in bed a little longer, it's a great way to start the day, it really eases you into starting your day. And it does go about reducing stress, and then also just feeling a little bit

better about getting out of bed. And it's just a tip that works for me.

## **How To Manage Setbacks After Stroke Tip 2. Reassess**

Bill 7:11

So the other thing that I do so tip number two is to reassess to take some time, and reassess the things that are working for me and the things that are not working for me. And what I do is then work out what those things are and do less of what's not working for me and do more of what is working for me.

Bill 7:33

So in the last three days, what was working for me was spending more time in bed. And having a conversation though with the people that needed to know that I was doing this. So that they wouldn't think that there was something else wrong, more dramatic, also that they wouldn't think that I'm just being lazy or feeling down or depressed or something.

Bill 7:56

So first to have a conversation about it and then spend a little more time in bed. That means you wake up a little bit later, you go to bed a little bit earlier. And even in the middle of the day, if you need to do something like go to sleep for a little bit longer, in the middle of the day, then do that as well.

Bill 8:14

So I reassessed that what was going to be important for me to help my headache go away will sleep more, what was going to be less important for me was to spend more time on the computer.

Bill 8:24

So I put off not doing this work for three days. The other thing that's really important for me during my reassessment process was that I worked out that going out and about and being in places that were full of noise and a lot of overwhelming things that are going to overwhelm my brain is not important.

Bill 8:44

And I made the assessment that it was going to be okay if I did hardly nothing over the last few days over the weekend and yesterday, which was Monday. And

one of the habits that I've been able to find myself in lately is to reassess before I get to this point and hit a wall for three days.

Bill 9:07

Now, sometimes these fatigue situations or these headaches situations, they just come and I don't notice that they're around the corner, and therefore I don't change my behavior and I don't reassess. And as a result of that they catch me a little bit unaware. But I found myself to be able to get out of a lot of these long term setbacks by reassessing often and making decisions about what's going to happen in three days from earlier on.

## **Planning ahead**

Bill 9:46

So I start planning my week so for example, if I've got somewhere to go on a Saturday night, and then I make sure that I'm not going to go out on Friday night and I make sure I don't do anything too massive on Thursday night, because if I do go out both those nights that by the time I get to Saturday, I will have overexerted myself in my brain.

Bill 10:07

And if I go out on Saturday, it might be a really terrible Sunday. So I want to avoid doing that. So I try to reassess often about what I need to do to get through my week to get to the event that I want to be at and be feeling the best and feeling great about being there and enjoying myself while I'm there.

## **How To Manage Setbacks After Stroke Tip 3. Change something**

Bill 10:27

So tip number three is to change something. Henry Ford once said, If you always do what you've always done, you'll always get what you always got. And this was very difficult for me to grasp that concept nine years ago before stroke, I used to have the definition of insanity, which is doing the same thing and expect different results.

Bill 10:51

And it used to make my life really, really difficult. And I didn't know how to fix the

problem, because I just had only one way of attacking a problem or solving a problem. And I didn't look for other opportunities to solve problems and overcome problems because I had no experience I didn't know who to turn to or where to go.

Bill 11:16

So it's really important to get to that point where you realize that if something is not working for you, you need to change something. If you're constantly getting into the same setback over and over again, he needs to stop doing what you're doing, and you need to make a change.

Bill 11:38

And one of the main things that I did to make a change was I change the people that I used to hang around the people that were not good for me energetically. So going back to the fatigue that I was feeling. If I was feeling fatigued, and really rundown, and I had a terrible couple of days, the last thing I wanted to do was hang around with those people who I would call the drainers.

Intro 12:00

If you've had a stroke, and you're in recovery, you'll know what a scary and confusing time it can be, you're likely to have a lot of questions going through your mind. Like how long will it take to recover? Will I actually recover? What things should I avoid in case I'll make matters worse?

Intro 12:18

Doctors will explain things that obviously, you've never had a stroke before, you probably don't know what questions to ask. If this is you, you may be missing out on doing things that could help speed up your recovery. If you're finding yourself in that situation, stop worrying, and head to [recoveryafterstroke.com](http://recoveryafterstroke.com) where you can download a guide that will help you.

Intro 12:40

It's called seven questions to ask your doctor about your stroke. These seven questions are the ones Bill wished he'd asked when he was recovering from a stroke, they'll not only help you better understand your condition, they'll help you take a more active role in your recovery, head to the website. Now, [recoveryafterstroke.com](http://recoveryafterstroke.com) and download the guide. It's free.

Bill 13:03



And as a result of that I saved the energy for me rather than other people who weren't really serving me well by being with me. So I changed the people I hang around with I didn't make them my enemies and I didn't make them feel bad about the situation.

Bill 13:21

I just chose the times when I would hang out with those people. And I really made a point to say, Look, I'm not feeling quite well right now. So would it be okay if we just take a pass. And these are generally good people, they just have different needs when you're around them.

Bill 13:38

And I'm not always up being able to serve the needs of those people. Sometimes I need to serve my own needs. The other thing I would do is change my routine. So sometimes I'm really good in the mornings. And sometimes I'm really good in the evenings.

Bill 13:58

And it's really hard to tell, but the majority of the time, I'm good in the morning. So I'm recording this podcast episode in the morning. And I'm feeling very productive. And I've done a lot today. And I'll probably be finished doing my work at about one o'clock in the afternoon and that's it. I'm done for the rest of the day.

Bill 14:17

But last week, I woke up really badly a few times. And as a result of that, I couldn't get through the morning routine. I couldn't do the things that I was doing in the morning and I needed to get through lunchtime in the afternoon to start feeling a little bit better.

Bill 14:34

So I'm not sure call it I took a long time to wake up. But it took quite a while for me to get to that point on this particular few days. So I changed my routine around. I did nothing in the morning. I eased into my day and then after dinner when we had some lovely food to eat.

Bill 14:53

I excused myself and I went into my room and I did the work that I needed to do for about two or three hours productively. And then I settled into the end of my day and went to bed.

Bill 15:05

So it was really helpful for me to change my routine and change the type of work that I was doing. And when I was doing it, so that I was getting really good results, or I was being adaptive so that I could get results, where perhaps previously, I would do work and push through those hard hours.

## Changing your diet



Bill 15:30

And the quality of work wouldn't be that good, and it will take a lot longer, so it'd be a little bit more energy draining. I also changed what I eat. Now, this is a really important one, if you change what you eat, you'll notice a massive difference. You know, sometimes you eat some foods, and those foods will give you a food coma.

Bill 15:52

Usually the high carb foods. And usually, if I eat foods at the wrong time, or the right wrong kind of food. But I've got some really important work to do on a podcast episode, for example, and I'm going to need to sit in front of the computer, if I have a really high carb meal.

Bill 16:11

But the time I get to sit down on my computer and do that work, I'll be falling asleep during the recording of the podcast episode, and it will make it really difficult for me to focus and concentrate on what I need to do. Now, I would recommend doing a lower carb diet most days when you're recovering from a

brain injury.

Bill 16:33

But that being said, it's okay from time to time to have carbs, I really still enjoy pasta. And from time to time, very rarely, I do have a bowl of pasta, but I know what's going to happen after I eat it. So I make sure that I'm going to have it at a time where I don't have to worry about getting any work done or doing something that's important.

Bill 16:54

So there's some of those things that I would change to get me through those times when I'm feeling a setback. Now, I'm talking about my setback of not feeling well for the last few days from a headache, but your setback might be more dramatic. So hopefully you can take some of these tips and change them and evolve them to suit you and apply them in the way that you need them to be applied.

## **How To Manage Setbacks After Stroke Tip 4. Get out of your head**



Bill 17:20

Now, tip number four. One of the things that really helps me to overcome setbacks is to stop having that head conversation with myself about all the things that are going wrong with their setbacks and all the things that they're stopping me to do and all the problems and dramas that they are causing me.

Bill 17:41

And getting out of my head really helps for me to stop having those cyclical conversations that get you nowhere other than into a crappy loop of feeling annoyed and upset and sorry for yourself. So the first thing that helps me get out of my head is to take a few deep breaths.

Bill 18:02

And it's well researched. And it's well reported on that breathing differently can really change your mood and your mindset. And it can help you navigate those moments where you're feeling overwhelmed by a setback that you've had. Breathing deeply helps you to connect to your heart and your heart is where what's really important lies.

Bill 18:33

It's where you go to to actually get answers about what's really important to you. And if you haven't had the pleasure to connect with your heart recently, I ask you simply to just put your hand on your heart. Take a few deep breaths.

Bill 19:01

And as you breathe, just connect to your heart and ask your heart. What's most important to it right now. And perhaps you're sitting somewhere. And you can do this and contemplate and if you're not sitting somewhere where you can do this and contemplate right now.

Bill 19:18

If you happen to be listening to this while you're driving, do not do this right now. But when you get to a place where you can sit comfortably and you can be safe and you can contemplate on what's important to your heart. Close your eyes. Take those deep breaths, put your hand on your heart and ask your heart what's important to it right now.

Bill 19:37

And if you sit quietly, you'll start to notice that something will pop up and it will tell you what the most important thing to you is right now. And if you take action on that and do what your heart desires, you'll start to feel like this setback is not such a big deal and it will help you reduce stress, and it will help you restore your balance, and it will help you navigate the speed hump or navigate the wave if you're in the bottom part of a wave, it will help you navigate it.

Bill 20:13

And just be patient so that you can wait for your trajectory to change. So that's a really important thing. Give yourself the opportunity to connect to your heart and ask it what's really important to it right now.

## **How To Manage Setbacks After Stroke Tip 5. Ask for help**



Bill 20:33

Tip number five is ask for help. In my times of setbacks, I really did go out of my way to do this, I did ask for help. And at the height of my challenges with stroke, I connected with a counselor, I connected with multiple coaches, I went out of my way to see other doctors and get second opinions.

Bill 20:59

And most importantly, I didn't seek help from people that are qualified to help me. So what does that mean? That means that in the past, I used to find myself getting frustrated by going to people that didn't know how to help me or how to answer my questions.

Bill 21:16

And that would really annoy me, it would really make me feel even worse about my situation. And it felt like my situation was even more hopeless. And the reason being is because I was just going to the wrong person to ask for help, and they don't know how to help me.

Bill 21:32

For example, if I'm going to somebody who's never had a stroke and ask them about my stroke, and what I can do to help myself get out of a setback, they're not going to know how to answer the question. And it's unfair for me to expect them to have an answer, or make me feel better.

Bill 21:47

And just because we're out for a tea or a coffee, and we happen to do a catch up, it doesn't mean that I want to be putting that person in a position where they're feeling like they don't know how to support me, or how to help me and they're feeling sorry for me or finding it difficult for me.

Bill 22:05

What I would rather do is go out with my friends and family and just do friends and family type of stuff. That can be slightly related to stroke, but I'm not about seeking help from them.

Bill 22:18

And you might seek help differently for me, but what I used to do was just ask them for advice on a situation. And it might have been something silly, like, you know, what would you do if you had a headache after your stroke, and they wouldn't know how to help me they wouldn't know what to answer, they'll say go to the hospital, go to the doctor that would get really concerned.

Bill 22:36

And then I would transfer my stress and my anxiety onto that person. And then that interaction wasn't a really good interaction. So when I was hanging out with mum and dad, and my brother and family and friends, I tried to really minimize my conversations about the stroke, to some very basic answers.

Bill 22:55

And when people asked me, how you coming along, I'd say really good, thank you, or I've had a bit of a rough week, but I'm getting better. And I would just generalized so that I wouldn't get into a conversation that turned into a discussion about how I was needing help, and I was needing help from them, and I was holding out for this help from them, and I wasn't getting that help.

Bill 23:22

So I outsourced the help that I needed to a coach and a counselor now a coach

helped me overcome things that I had never done before and learn how to do things that I'd never done before. For example, if I wanted to go back to the gym and learn how to lift weights with an arm, that wasn't able to really hold the barbells properly, or the dumbbells properly.

Bill 23:47

I would get a coach to have them help me, guide me through that process. So that I could once again feel comfortable with using my arm. And I wouldn't be afraid that I was going to drop the weight. I also remember being coached to run again. And I got somebody to stand with a recording device with a phone and record me running so that I could see what it was like when I was running.

Bill 24:14

And then I asked him to run with me or to observe me and tell me what I was doing differently with my foot because my foot wasn't working properly. And then tell me how to slightly adjust it on my run so that I can get a really good result from running and feel better about running.

Bill 24:35

Not that I ever ran again and did a marathon or anything like that. But just so that I could get across the road if a car was coming in, I needed to get to a safe part of the footpath or the sidewalk as my friends in the United States would say. So I would get a coach and a coach who would guide me through the steps to achieve a certain goal or an outcome that I would see a counselor for things that were around emotional challenges and issues.

Bill 25:03

And they would help me overcome what I was feeling, my anxiety and my feelings of feeling down. And we would have therapy sessions that were based around cognitive behavioral therapy. And we would use techniques, I would be advised of techniques that I could use to help get me for example, as I said before, out of my head and connected to my heart, and decrease the cycle of anxiety, and take it away so that I could get clarity and then approach life in a different way.

Bill 25:38

Because clarity is a hard thing to get when you're recovering after stroke, because you could be suffering from your neuro fatigue. And you could be suffering from other cognitive issues. So I didn't want to also be working and

making my clarity less clear, I didn't want to be in the way of clarity, I wanted to try and minimize my negative impact on clarity.

Bill 26:05

So asking for help also came from doctors by getting a second opinion. If I didn't like what a doctor had to say to me about their approach to my care and my well being, I would get a second opinion. And I would continue getting a second opinion until I found somebody that was going to work with me in the way that I wanted them to work with me.

Bill 26:25

Now, it's not that I argued with people, it's that sometimes I didn't feel comfortable seeking help medical help from certain medical professionals. So I found medical professionals, that I preferred to get medical help from and I continued seeing them rather than the other people.

## **How To Manage Setbacks After Stroke Tip 6. Wait it out**

Bill 26:47

So hopefully, those few little bits of wisdom, I suppose from me regarding asking for help will help you as well. Now, tip number six is wait it out. Now often waiting, just waiting, and doing nothing will bring positive change, because things go in cycles, they're going in waves.

Bill 27:11

So when you're at the bottom of the wave, if you just wait it out, you'll eventually catch the wave, and you'll get to the top of the wave. And waiting it out, kind of coincides with do less, and also coincides with rest. So it's a good way to do less than rest. And you can have this conversation with your family and friend, if they're asking you what's going on? How are you feeling? or Why aren't you up and about? or Why aren't you doing the things that you were supposed to do?

Bill 27:42

You can say look, I'm not feeling well at the moment. And I'm just going to wait it out. And I'm going to get to that point where I'm going to feel better, because the cycle will move from a low part of the cycle to a higher part of the cycle. I'll ride the wave out. And eventually I'll be on top of the cycle. And I'll be able to get



those things done.

Bill 28:02

So you have to be patient with me apologize and say, you know, just give me some time. And I'll be alright, I'll get there. Now, what's really important when you're waiting it out is that you're remembering the cycle, you're remembering that recovery is a cycle, it is a wave, and you will get to the bottom of the wave and you will get to the other side of the cycle, you just need to wait it out.

Bill 28:28

And why you need to remember that is because as you're going into the cycle, you need to prepare for the next one, you need to get yourself to that point where I'm at the top of my game right now I'm feeling the best I've felt in a little while. And I'm going to enjoy this time and I'm going to make the most of it.

Bill 28:46

But I'm not going to overdo things and stop paying attention to how my body is responding and what feedback it's giving me. I'm going to wait to notice when the cycle is starting to dip again from a high to a low. And when I'm starting to find that I'm riding the wave from the crest to the trough again.

Bill 29:08

And then that way I'll be prepared for the next one and I'll be able to put more things in place to give people a lot of notice that I'm coming to that point where I'm going to be experiencing perhaps some low days or some down days and that they should be aware of that and then it's okay that I'll be there. But if they know about it, then they can also be comfortable with me being there and not be too concerned.

Bill 29:36

And especially that was a good one for family and friends especially partners that are in the home around you or with you all the time and children as well because children will get negatively affected by mum or dad's mood and energy levels. So it'd be really good if we could educate them at that time.

Bill 29:59

And then what that does That brings everyone into an awareness and an understanding. And then that reduces stress and anxiety. And it helps people to just feel better about some of the low times that are coming. And it's a good

lesson in life anyway, for those children and for other people in your family.

## **How To Manage Setbacks After Stroke Tip 7. Practice gratitude**



Bill 30:17

Tip number seven, and one of my favorite tips is to practice gratitude. Practicing gratitude is such an easy thing to do, and it gives back so much. So when I'm getting to that point where I'm in a setback or experiencing a setback, or trying to get out of a setback, I just practice gratitude.

Bill 30:42

And I'll take note of the things that I am grateful for, at the beginning of the day, three things that I'm grateful for, I might do it while I'm in bed, sometimes without a notepad without actually writing it down.

Bill 30:57

So as I wake up in the morning, it helps me to just feel grateful and have this different kind of vibe when I'm getting out of bed. And also, at the end of the day, I am practicing gratitude, because again, it helps me to take this really cool and children really comfortable and happy vibe to bed.

Bill 31:16

And I think it sets me up for sleeping well at night. So, practice gratitude, write three things down at the beginning of the day, and three things down at the end of the day. And do it for as many days in a row as you can. Now, technically, you can do it for 365 days a year, because it's not a big thing to ask, or it's not a big thing to do in your head, it's a very easy thing to do so.

Bill 31:43

But if you get bored of it, I'm going to do this, I'm going to set you a little challenge and do it for at least seven days straight. And at the end of those seven days, read your list. Make a note of all the things that you've written there, at least six things every day, for seven days.

Bill 32:03

And then you'll be amazed at what it is that you've noticed, and that you're paying attention to now that you weren't paying attention to at the beginning of the seven day challenge. And that's a really easy challenge. If you do it, you won't get any reward from me, but you will get a reward from yourself, if you don't do it there's no such thing as failing this challenge, do it once and you're a winner to twice and you're a winner, it makes no difference.

Bill 32:31

So if you start it and stop it, don't feel bad about it. Just get back to it when you can, it's really, really important. Now, if you do complete the seven days, and you really appreciated the or you're grateful for the experience of going through practicing gratitude, then just give yourself another seven day challenge and start again from the beginning.

Bill 32:56

And just keep adding to that list. And it's okay if you add the same things on multiple days, it's really perfectly fine. But you'll find that you're adding a lot of different things that you're not grateful for.

Bill 33:09

So to wrap up this episode, one of the things that I'm grateful for at least one of those things that I'm grateful today is that I can actually sit here and do this podcast episode, it's taking me three days to get to this point. But now that I'm here, I'm really pleased to be able to get back to this space where I can concentrate, give you my undivided attention for more than half an hour.

Bill 33:35

And hopefully give you some tips that are going to make your setbacks a little smoother, and less concerning and worrying. Now, if you're having a setback that's related to your health and well being and you think that it's got something to do with your stroke or your condition, do not hesitate to go back and see your

doctor.

Bill 33:56

And absolutely straightaway tell them that you are worried if your setback is serious enough, and if you're concerned enough, and if you're worried enough, go and see a doctor do not hesitate. And this guide or these seven steps or seven little tips to how to navigate through setbacks is for those general setbacks, those life setbacks that stroke interferes with that makes us feel a little bit down and makes us feel a little bit concerned about how our recovery is going and how long it's going to take.

Bill 34:36

So just to wrap up, let me say this. So just to wrap up, let's do a quick recap. So tip number one is rest. Do less sleep more. Tip number two was reassess. Reassess what's working, do more of that and what's not working and do less of that.

Bill 35:01

Tip number three was changed something, changed the people you hang around with or the type of work that you do or what you eat and when you eat it. Tip number four, get out of your head. Take a deep breath connect to your heart.

Bill 35:16

Tip number five was ask for help see a counselor or a coach, get a second opinion. And don't necessarily hang out with people and then make them feel like you need them to answer all your questions, especially when they're not qualified to do so.

Bill 35:36

Tip number six is waited out, wait for the cycle to end. And then tip number seven was practice gratitude. Now. I really hope that you enjoyed this podcast episode if you did, I would really appreciate it if you give it a thumbs up on YouTube if that's where you're watching.

Bill 35:54

If you give it a five star review on your favorite podcast app, if you would like to share it, please do share it with somebody on your social media. And if there's anything that I can do for you just reach out, you can send me an email at [bill@recoveryafterstroke.com](mailto:bill@recoveryafterstroke.com) I enter all my emails personally. And thanks for

being a frequent listener to my podcast. I really hope that this episode is going to help you in your recovery after stroke.

Intro 36:31

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Intro 36:58

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Intro 37:14

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Intro 37:35

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Intro 37:49

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Intro 38:12

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