

# RU OKAY?



Transcription:

Bill Gasiamis 0:00

G'day there Bill from [recoveryafterstroke.com](http://recoveryafterstroke.com) and today is RU OKAY? day. So I want to know, are you okay? And I hope you are. But if you are not, then I completely understand.

Bill Gasiamis 0:14

And I would like you to know that it's okay to not be okay. Stroke can be a shitty journey at times, and it can make people feel not okay, for many, many different reasons.

Bill Gasiamis 0:27

And what's important though, is if you do know that you are not okay, it'd be good to have a better understanding and deeper understanding of why you're not okay. And I'm not talking about because stroke happened or something happened to me or I fell over, but deep down, like, what's the underlying reason why you're not okay.

Bill Gasiamis 0:48

And if you don't know what that is, it'd be good to spend some time looking into why you're not okay, what the underlying issues are, get some help speak to somebody a coach, anybody do a training, and try to uncover what it is.

Bill Gasiamis 1:06

Because the best way to move to being okay is to understand the underlying cause, and then do something about that underlying cause, and move towards being okay, taking small steps, the more small steps you take towards the location you want to be or the place you want to be, in comparison to where you are now, the more likely you are to get there.

Bill Gasiamis 1:26

If you're stuck and you're not doing anything about it, it's unlikely that you're going to achieve anything or get anywhere and you might stay feeling not okay for a lot longer. And you know what it's okay to feel not okay for a while even during stroke, but at some point in time, you're going to get to the point of being sick of feeling not okay, and you want to move towards being okay.

Bill Gasiamis 1:47

Now, if you don't know why you're not okay, if you do know what the underlying causes, the next question is, is, and you haven't done anything about it, or why haven't you done anything about it, what's stopping you from doing something about it.

Bill Gasiamis 2:01

And then what might be good is to understand and uncover what steps you can take to overcome some of the obstacles that are stopping you from doing the things that are going to get you to that place of being okay, now, don't get me wrong, okay doesn't mean that you're 100% super happy, and, you know, joyous and all those things all the time I mean, it's not about that.

Bill Gasiamis 2:24

It's about realizing when you're not okay, working with the issues that are making you feel not okay, and then uncovering how to move forward and how to solve that problem at that time. Now, stroke causes a lot of problems, right. So if you have a lot of problems to solve, and you're trying to solve them all at once, it's going to be shitty, it's going to be really, really difficult to solve them all It's like too big.

Bill Gasiamis 2:49

It's like seeing a mountain and going, I've got to get to the top of the mountain, and you're not thinking about the journey in between, you're destined to fail. So what you want to do is, you want to look at the mountain, you want to create a

destination or some way to get to, but you really want to think about every step that you need to take to get there.

Bill Gasiamis 3:08

Because on the way to the top of the mountain, there will be rocks that you need to overcome, there'll be trenches, you need to jump over, there'll be lots of things, lots of obstacles that you need to overcome or get around, and the other things that you need to deal with.

Bill Gasiamis 3:21

So when there's a lot of things going on in stroke, and things are shitty. Just choose the one thing, the one most important thing that's going to make your life better. The one most important thing that's going to solve one problem right now.

Bill Gasiamis 3:37

And usually, when I'm stuck with a whole bunch of problems to solve, I solve the easy one first, because that gives me the most satisfaction, I get a win really easily really quickly. It makes me feel better about myself and gives me momentum to take on the next challenge.

Bill Gasiamis 3:53

Now if I get stuck at the next challenge, sometimes I change the thing that I'm going to solve so I'm not trying to solve something that I'm stuck at, or I don't have the skills to do yet, or the resources or I don't know the right person to help me. I just readjust, I do something else so that I'm constantly moving towards the destination, even if it's just a sideways step, or even if it's a backward step, and then I take a couple of steps forward.

Bill Gasiamis 4:19

I always keep moving so that I can overcome the problems. Now that being said, not only on RU OKAY day, but any other day when you're not feeling okay. It's really important to reach out to people. And I don't mind when you reach out to them, whether it's on Instagram, whether it's via email, whether it's a telephone, call a zoom.

Bill Gasiamis 4:41

Just reach out to somebody if you're not doing okay, and you need a little bit of emotional support and reach out to the people that are really going to help not to those that are not capable of helping you and they're just going to make things

harder.

Bill Gasiamis 4:55

In the event that you don't have anyone to reach out to reach out to me, just send me a direct message. via Instagram, I speak to a lot of people all the time about stroke and I'm happy to help and I'm happy to provide a little bit of information about what somebody can do to move towards feeling okay. So on this RU OKAY day every other day. This is Bill from [recoveryafterstroke.com](http://recoveryafterstroke.com) and thank you for listening