

# What habits do you need to let go of post-stroke



Transcription:

Bill 0:00

Bill from [recoveryafterstroke.com](http://recoveryafterstroke.com) I am at home today feeling a little bit unwell. Just a little bit sick in the stomach and just a little bit off nothing major. I decided that even though I was feeling unwell that I wouldn't cancel the recording of a podcast episode.

And when we got started on the episode and got almost right to the end of it, I realized that I hadn't pressed record.

Bill 0:28

It was frustrating and it reminded me of what I used to be like seven years ago when I would push through and get stuff done regardless of what my body was telling me and how I was feeling and usually for other people. So today I did the same thing I pushed on and tried to get through whatever it was that was giving me a hard time. But I wasn't thinking straight and I went into this recording and then we had to record again, so I had to double the amount of work that I had to do initially.

Bill 1:04

And I felt like I really need to give up that habit of just pushing through and ignoring my body and getting things done. So I'm wondering what are the little

habits that you need to give up that you're having a little bit of trouble giving up and then struggling to let go of and how does that make you feel when you notice yourself going down that path of doing the thing that you know you shouldn't be doing but you find yourself doing it again. I'm Bill from recovery after stroke. Hope you're having a wonderful day.