
KEEP YOUR EYES ON THE PRIZE--YOUR LIFE!

- *Positive attitude* will give you more benefits than any medical provision. A 'can do' attitude is going to give you more return of your health than any medicine.
- *Hope*: Hope is a powerful motivator, never give it up.
- *Maximize Therapies*: Treat your therapies (Physical, Occupational and Speech) like you are going to work and you're up for a promotion. The pay-off is worth more than any monetary reward—it's your health and independence.
- *Set Goals*: Create personal goals and chart your progress. Start with small accomplishments and work towards your ultimate goal.
- *Visualization*: Visualize the act you want to achieve. It will exercise your brain and it can be beneficial to actually doing it.
- *Meditate*: Dealing with crippling injury can produce great anxiety. Close your eyes and imagine yourself in your favorite/relaxing place. It will help reduce your stress and anxiety.
- *Keep a Journal* to record your daily activities and thoughts. It will give you measurable progress over time and you will have concrete evidence of how far you have come.

Insurance may end but recovery continues

- *Experiment with Alternative Therapies*
Deep tissue massage will help spasticity and tone
Acupuncture helps control pain and provides muscle and nerve stimulation
- *Join a Gym or YMCA*
- *Pool Therapy*: Exercising in a pool will be less jarring on your joints.
- *Support Groups*: You'll find comfort in sharing your recovery and it will build camaraderie.
- *Investigate local college/universities* that offer physical therapy curriculum. Some schools may be interested in teaching on a live subject. It is a win/win deal. The students learn from hands-on and the patient benefits from more therapy free or at a minimal cost.
- *Studies*: Register in the national database for stroke/brain injury studies. Ask your local rehabilitation hospitals what studies are being conducted and get your name in the pool of participants.
- *Enjoy your hobbies*: You may have to adapt to a new way of doing what you enjoyed, but having fun and doing something you love will be not only good for the body, but also for the mind and soul.
- *Volunteer*: Reaching out and helping others will take your mind away from your own issues while providing benefit and goodwill to others. It ultimately will make you feel better too.