

# Self Care After Stroke

Teamwork is essential, you may not be able to do it all on your own but here are a few tips that may help! Ask for help from family, friends, school/work. Help look after yourself!

## Exercise

- Helps balance and coordination
- Increase muscle strength
- Increases flexibility
- Better sleep
- Weight control
- Reduces stress and depression

Be active look for fun activities in your area, you might find yoga, pilates, tai chi, dance classes, swim, aqua aerobics (make sure the teacher understands how to teach stroke survivors)



## Eat Healthily

- Eat a balanced diet, not too much salt and sugar and fat. Get advice
- Check out the App. 'Change4Life' Smart recipes
- Drink plenty of water, our brains work better when they are not dehydrated.

## Sleep & Relaxation

- Rest well -Try your deep breathing and relaxation exercises
- Avoid caffeine before bed
- Avoid exercise before bed
- Read a book rather than checking facebook or twitter etc.
- There are lots of relaxation/sleep apps out there to give you tips
- Listen to your body- if you cannot sleep at night avoid long naps during the day

## Medication

- Take control of your tablets
- Set reminders on your phone
- Use a dosette box
- Blister packs: Did you know your pharmacy can separate and package your medication to help you remember when to take it?



## Washing & Grooming

- Taking care of how you look and feel can make you feel great.



## Check out...

### FOR EXERCISE

Walking for Health" usually run by your local borough council:

[www.walkingforhealth.org.uk](http://www.walkingforhealth.org.uk)

Getting active apps like

Map my walk'

Check out BBC sport for information on disability sport:

[www.bbc.co.uk/sport/get-inspired](http://www.bbc.co.uk/sport/get-inspired)

### FOR TIPS ON HEALTHY EATING

The NHS have some fantastic advice for healthy eating and a balanced lifestyle

[www.nhs.uk/livewell/healthy-eating](http://www.nhs.uk/livewell/healthy-eating)



## Set-backs?

**Don't panic, don't get annoyed, be kind to yourself, break up your tasks. Say No! until you are ready to start again.**