

Action STEPS

REHAB RULE 4



HARNESS YOUR CREATIVE POWER

MENTAL IMAGERY SESSION

CHOOSE A STROKE SYMPTOM YOU WOULD LIKE TO IMPROVE.

SENSORY	PHYSICAL	COGNITIVE	MOOD	BEHAVIOR	SOCIAL	INTIMACY	FINANCIAL
Vision loss or change	Loss of feeling	Memory loss	Big emotions	Tearful	Relationship changes	Decrease in emotional closeness	High medical bills/ underinsured
Hearing loss or change	Loss of coordination	Difficulty speaking	No emotions	Angry	Identity changes	Decrease in physical closeness	Lost wages
Loss of smell/taste	Loss of strength	Difficulty understanding	Depressed	Irritable	Others not understanding	More/less interest	Need help with money
"Pins and needles"	Spasticity/ tightness	Slowed processing	Anxious/ fearful	Inappropriate	Isolation	Changes in sexual performance	Loss of savings

- 1 Find a quiet and comfortable place to relax where you won't be interrupted.
- 2 Close your eyes and begin to relax your body and mind with 10 deep breaths in and out. Bring the breath all the way down into your belly button, hold it and blow it out with effort.
- 3 Start your mental imagery session with a positive affirmation. Say this to yourself or have someone say it to you in a calm, relaxed voice: "I am recovering more and more every day. The more I put into my healing, the more I am going to recover. My brain is healing and I will use the power of my mind to visualize my successful recovery."
- 4 Now, imagine yourself effortlessly completing a task that in life is now difficult for you because of your stroke. You are going to see images in your mind of your recovered self as detailed as possible. Call on all of your senses. See it, hear it, feel it and smell it. Go through all the motions in your mind's eye with great detail. Make the picture vivid. Feel how easy it is to do the thing that is usually hard. Repeat those images over and over again including every small step.

You may get emotional when doing this healing exercise. That's OK. If you feel like crying, let it out. Tears contain stress hormones that interfere with optimal brain functioning, so let go and let them flow!

Spend 10-15 minutes per day, ideally twice per day, with your mental images and let your healing begin. Use the interactive sheet on the next page to practice mental imagery twice a day for one week.

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MENTAL IMAGERY SESSION INTERACTIVE

Track your sessions, twice per day for one week

DAY 1		
DAY 2		
DAY 3		
DAY 4		
DAY 5		
DAY 6		
DAY 7		