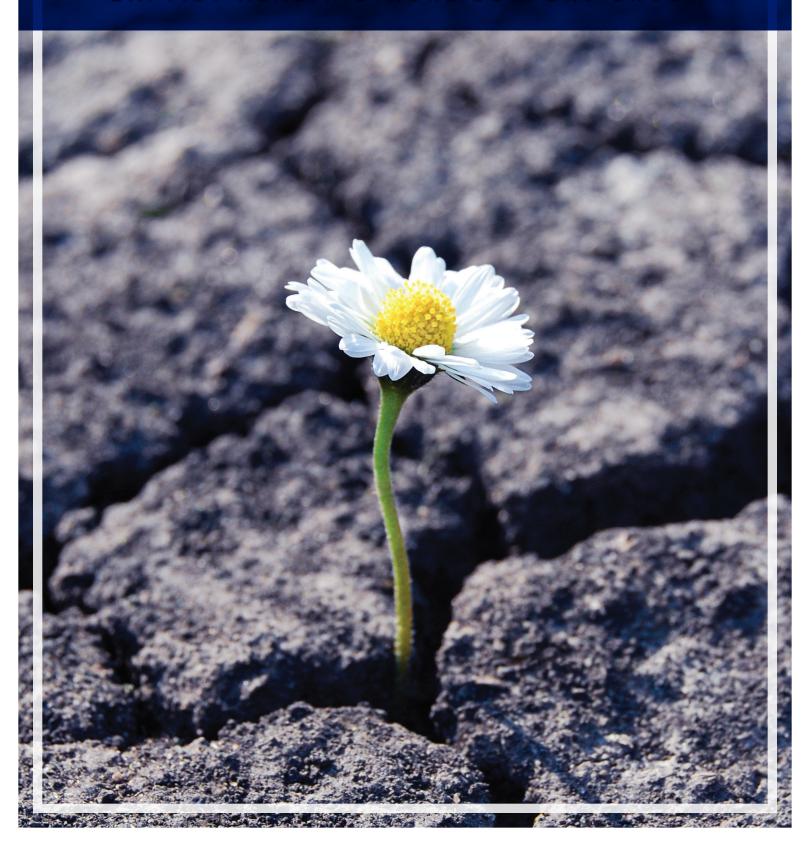
# Rooted in Resilience BAPTIST HEALTH STROKE SUPPORT GROUP





#### **January**

| • | What is resiliency?  |
|---|--|
| • | Describe three things you appreciate about yourself and why.                     |
| • | How can you encourage positive thoughts and avoid staying in a negative mindset? |
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#### **February**

- Describe what the 5 C's (Centering, Confidence, Commitment, Community, and Compassion) means to you.
- Reflect on a time when you faced a challenge and overcame it. How did it make you feel?
- Think about times in which you felt happiest and times you felt depressed. What events lead to you feeling this way and how did you overcome it?

# March

| • | What is one thing you can do at this moment to work towards the life you would      |
|---|---|
|   | like to have? Is going for a walk to improve your physical health? Texting a friend |
|   | to improve your relationship? Doing a breathing exercise to practice mindfulness.   |

| • | Write al | oout that | one thing | you can | do, and | commit t | to a | schedule. |
|---|----------|-----------|-----------|---------|---------|----------|------|-----------|
|---|----------|-----------|-----------|---------|---------|----------|------|-----------|

| • | Write about your purpose for sticking with that one thing. Don't worry about motivation! Look to purpose and scheduling instead. |  |  |  |  |
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# **April**

- What is your support system, and how are they able to support you, and what does their support mean to you?
- What plans have you made for how to address potential obstacles that might arise during your recovery?

| • | What are ways that you communicate your needs to your family and caregivers? |  |  |  |  |
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# May

| • What is going well in your life right now? It's so easy to focus on the challenges, |  |
|---|--|
| but what is working?  |  |
| How do you break down your goals into manageable steps? Describe your personal        |  |
| goals for recovery after a stroke?  |  |
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#### **June**

- What motivates you, and keeps you working towards your recovery goals?
- What are coping mechanisms that you use when you are managing setbacks, or become overwhelmed?
- How does anxiety, fear, and low self-esteem contribute to your lack of socialization due to your stroke?

# July

| <ul> <li>Reflect on a time when you felt deeply understood by someone. How did it make you feel?</li> <li>How can you extend the same understanding to others?</li> </ul> |  |  |  |  |
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# **August**

| • | Recall a difficult situation you faced recently. How did you respond to the situation? What strengths or coping strategies did you utilize? How can you further develop these skills? |  |  |  |
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# **September**

| • | How can you incorporate their strategies or mindset into your own life? |  |  |  |  |
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• Describe a person or experience that has inspired you to be resilient.

# October

| • | What are the ways that you have picked up the broken pieces in the past? |
|---|--|
| • | In what ways have those experiences made you stronger?                   |
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# November

| • | Have you seen other people overcome difficulties in their lives? How did they do it? |
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| • | What do you respect about their path?  |
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# December

| • | Let's take this month to reflect how resilient you have become.  For this month write a reflection of your journey to healing this year, and how it has made you a better person, and how you have been able to overcome. |  |  |  |  |  |
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