

Self-Management of your Recovery

Recovery after stroke is a lifelong process. Although stroke often causes a sudden change, the road to recovery is slow and takes patience, strength and determination. The path of recovery provides the opportunity for stroke survivors to be **self-managers** of their health and life.

What is self management?

You have been given the task of living well as a stroke survivor – living well with a chronic (life-long) condition. Self management includes: **medical management; role management; and emotional management**ⁱ

Components of self-management

As a survivor, you have many components to contribute to your recovery:

- Problem solving skills
- Goal setting
- Social support
- Emotional health
- Individual assessment
- Links to community resources



How does self management help?

Self-management is a **decision** you make when faced with a chronic condition, such as a stroke. Some people manage by withdrawing. Other survivors with similar symptoms somehow manage to get on with life. Survivors must make the decision to live well and remember, “YOU are the manager”.ⁱⁱ

What can you do to help manage your condition?

- Join a support group
- Register for a self-management course for chronic disease training session
- Learn more about self-management and wellness
- Start setting goals and balancing your lifestyle

Components of Wellbeing

When thinking about self-management in regards to your health, a holistic approach is necessary. Consider these **six** areas of your healthⁱⁱⁱ.

1. **Physical** – taking care of your body through proper nutrition, activity and fitness
2. **Emotional** - becoming aware of how emotions affect your body and recognizing their effects
3. **Intellectual** - examining one's opinions and judgments, and the connections to life
4. **Spiritual** - developing a set of values, principles and beliefs that give a sense of meaning and purpose in life.
5. **Social** - creating and maintaining healthy, satisfying relationships that are mutually loving and supportive.
6. **Environmental** – creating an environment that is conducive to living well



Resources

- Living a Healthy Life with Chronic Conditions: Self-Management of heart disease, arthritis, diabetes, asthma, bronchitis, emphysema and others.
Lorig. Kate et al. 2006. Bull Publishing Company
- Wellness Workbook: How to achieve enduring health and vitality.
Travis, John M.D., Ryan, Regina Sara; 2004, Ten Speed Press
- The Comfort of Home™ for Stroke: A guide for caregivers.
Meyer M. Derr, P., Caswell J. 2007. Care Trust Publications

ⁱ South West Local Health Integration Network, Self Management in Theory and Practice: A guide for health care professionals. 2009

ⁱⁱ Lorig et al. *Living a Healthy Life with Chronic Conditions: Self-management of heart disease, arthritis, diabetes, asthma, bronchitis, emphysema and others.* 2006. Bull Publishing Company

ⁱⁱⁱ World Health Organization, 2009.