

How to Boost Your Stroke Recovery in 30 Seconds a Day

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There's a new way to accomplish difficult tasks like stroke recovery in just 30 seconds a day. The process is called *mind sculpture*, a term that [Ian Robertson](#) first coined. But today we're going to put our own spin on things.

Change Your Brain with Visualization

There's a way to train yourself to do difficult tasks (like those dang rehab exercises) through a painless process called *mind sculpture*. Mind sculpture is essentially just visualization on steroids. Instead of simply visualizing yourself doing something, you're going to heavily involve your senses and emotions by focusing on details like these:

- What will you see?
- What will your emotions feel like?
- How will you react?
- What will your muscles be doing?
- How will your posture be affected?

As you begin to mentally practice your difficult task, your brain chemistry will begin to change. And if you practice frequently enough your brain will **rewire itself** to mentally master the skills, and then your muscles will naturally follow suit.

The key here is to do these visualizations *every day* because your brain loves repetition.

Quality Over Quantity – 30 Seconds Is All You Really Need

You don't need to spend hours or even minutes doing these visualizations. Thirty seconds a day is all you really need. **In fact, you need to start small to be successful.** Sounds easy enough, right?

Here's how to do it:

Pick one small isolated task that you want to master, like simply doing those rehab exercises that you're so good at avoiding, and spend 30 seconds a day visualizing yourself doing it.

Use your senses and be ultra-specific about how it's going to happen. And in time, you'll find yourself actually following through because you've mentally trained your brain to do so.

Start with a Small, Difficult Task

Now, neuroscience is really cool – but it's not magic. Visualization can't help you fly. It also can't immediately help you walk if you **have hemiplegia**. (Note that we said 'immediately' instead of 'never.')

You need to start small with a reasonable task.

Pick something that:

- You have trouble doing
- Is just out of reach (but you're so close!)
- Would be possible without visualization if you really dedicated to yourself to it

To put it simply, **pick the next step in your stroke recovery and work from there.** Then as you start to conquer these little challenges, you will naturally move on to bigger and bigger tasks. So just be patient, start small, and watch your little efforts add up to something great.