

5 Useful Tips for Building Confidence during Stroke Recovery

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In our [previous post on confidence](#), you learned how to develop the *mindset* for confidence, an essential characteristic for a successful recovery.

In today's post, we're going to discuss the practical things that you can do to further develop this skill.

1. Fill Your Feel-Good Tank

Core concept: *Train your brain to notice your competencies.*

What to do: Start a journal of past accomplishments and add to it weekly.

How it builds confidence:

By making a list of your accomplishments and adding to this list every week, you'll train your brain to notice your successes more frequently. Then little victories that would normally go unnoticed or uncelebrated will get the appreciation they deserve.

This exercise helps build our 'confidence from competence,' which you learned about in our [previous post](#).

2. Recite Self-Affirmations Daily

Core concept: *Train your subconscious mind to believe your positive words.*

What to do: Repeat positive statements aloud daily.

How it builds confidence:

We become what we repeatedly do – or say.

As you know from all our talk about [neuroplasticity](#), the brain learns from repetition. When you repeat positive affirmations daily, it creates stronger connections in your brain regarding that specific subject matter. Essentially, our words become a self-fulfilling prophecy.

Here are some ideas for [positive affirmation from PsychCentral](#).

To generate your own ideas, think of a friend who suffers from low self confidence. What would you say to that person to help cheer her up and motivate her?

Tell yourself those same words daily.

3. Invoke Your Mind's Eye with Visualization

Core concept: *Rewire your brain to handle difficult situations with more confidence.*

What to do: Spend 30 seconds each day visualizing success.

How it helps build confidence:

If there's a specific situation that kills your confidence, you can rewire your brain to handle the situation differently through visualization.

For at least 30 seconds each day, visualize yourself handling that tough situation differently. See yourself moving through it with strength and ease. Visualize everything: how it looks, how you feel, how your environment reacts to you.

As you replay this mental movie in your head, your brain creates new connections associated with your confident behavior. Then you'll begin to behave with more confidence simply because you've seen yourself do it many, many times already.

The effectiveness of this technique is all thanks to [the beauty and power of neuroscience](#).

4. Surround Yourself with Confidence Creators

Core concept: *Emotions are contagious*

What to do: Expose yourself to confident, positive people.

How it builds confidence:

According to [Jim Rohn and the law of average](#), you are the average of the five people you spend the most time with.

Identify 5 people that make you feel confident and supported, and try to spend as much time with them as you can.

According to the law of average, they'll rub off on you – in the best way!

5. Become a Glorious, Glorious Nerd

Core concept: *There's confidence in knowledge.*

What to do: Read endlessly until you feel like a stroke recovery expert.

How it builds confidence:

In tip #1 you learned how to develop 'confidence from competence' by becoming aware of past accomplishments. You can also pull from present skills to develop this type of confidence too.

By educating yourself in stroke recovery, you'll feel much more prepared, and there's confidence in that.

So find some good stroke recovery blogs to follow (we hope we make your list) and read some [good stroke recovery books](#)!

Remember that confidence is nothing more than a mindset, one that you can train and nurture.

