

5 Qualities of a Resilient Stroke Survivor

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A resilient stroke survivor isn't without problems. But instead of getting thrown back by them, she takes her problems and finds the opportunity within them.

Here are 5 key traits of a resilient stroke survivor.

5. They Know How to Laugh

Where would we be without a little humor in our lives? We would be really depressed and anxious, actually.

When we laugh, we find escape. In that moment, the only thing that exists is a lightness of being and an open heart.

Laughter can also reduce physical pain by releasing endorphins that naturally provide pain relief. It also exercises your diaphragm, abdominal, facial, and back muscles.

Humor is healing – and an honestly good workout.

4. They Nurture Supportive Relationships

Where would we be without our friends? Definitely not as happy as we could be.

While many of us strive to be independent, we still need friends and family to support us when we're healing. We need to feel heard and connected to the loving capacity of others.

You don't need to be a social butterfly to benefit from social resiliency. All you need are a few well-nurtured relationships to provide the support you need.

3. They Feel Confident in Themselves

Building confidence is all about trusting yourself and your abilities and believing in your creative power.

Confidence people usually excel in a specific area, and if you haven't found your area yet, then sit back and think about it. What can you do better than most of your friends?

Hone in on your area of expertise and find confidence in your unique abilities.

2. They Don't Feel Helpless

The way we interpret our situations impacts our desire to keep going.

If we believe that our situation is impossible, then we won't succeed because we already feel like our efforts are futile.

If we believe in our potential and keep looking for new ways to grow, then we'll continue to persevere because we believe in our dynamic capabilities.

1. They Learned Optimism – Or They're Working on It

Optimism and resilience are inseparable – and they can be learned.

When we think of optimistic people, we usually associate the trait with something you're born with, but that's not always the case. Optimism is often the result of positive beliefs about our circumstances.

Our thoughts shape our beliefs, and our beliefs shape our feelings. When life challenges us, we have to believe that it happened to teach us something, not punish us.

For example, you can choose to believe that someone cut you off because they were trying to make you angry, or you could choose to believe that it happened to help you practice patience.

This applies to tougher life situations too. If you believe that things happen to help you, then it'll be hard for anything to bring you down.

Optimism and resilience go hand in hand that way.