

How to Deal with Frustration during Rehab

August 19, 2015



Let's be honest, rehab can be frustrating. But getting caught up in negativity gets us nowhere, so here are 6 tips on how to deal with frustration during rehab – or any tough situation, really. Hopefully it can help add a little positive direction to your daily life.

1. Embrace It

Life after stroke is tough, but if we can embrace the discomfort and change, it can melt our frustration away. It might sound weird, but sometimes when we embrace the things that we're resisting, it can actually allow us to make peace with it.

2. Change Your Focus

Wherever your focus is directed, that's where you'll go. If you focus on all the things that are going wrong, it won't boost your recovery. Instead, focus on the new opportunities that you have the power to create. Perhaps you've always wanted to try painting, take up yoga, or start a meditation practice. Focus on what you *can* do, now or in the future, and it will help you stay optimistic.

3. Love Yourself

If you don't love yourself, you can't heal yourself. Do you celebrate your successes? Because you should. Do you love the person looking back at you in the mirror? You absolutely should! Practice self-acceptance (like these [self-love exercises](#)) and watch it transform your attitude and your life.

4. Start a Gratitude Journal

When we practice gratitude, it trains us to look for the positive in a situation instead of the negative. Start a gratitude journal where you write down 3 things that you're grateful for every morning. It will set your day up for success.

5. Set Goals

The goal-setting process is not only therapeutic, but also creates direction in your life – and your rehabilitation routine! Decide what actions you're going to take to get to a certain place, and then pick a date that you want to be there. When you're able to see the bigger picture, you'll be less frustrated by the obstacles that pop up.

6. Own Your Situation

There's something liberating about taking ownership over everything that happens in our life. It inspires confidence and change. We can't control the things that happen to us, but we can control how we react to them. Take purposeful steps every day towards achieving your rehabilitation goals, and everyday you'll be one step closer.