How to Find the Positive Side of Stroke Recovery

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There's positive side to everything, but what about stroke recovery? The silver lining exists – you just have to know where to look for it.

That's what Bree Hogan, a 24-year-old diagnosed with Guillian-Barre Syndrome, taught us in this inspirational piece on the upside of adversity. Bree talks about ways to thrive when adversity strikes. And it's all about becoming an eternal optimist.

The Odd Opportunity to Learn Something New

Stroke recovery usually revolves around getting your life back to normal again. But sometimes this focus on the future makes you miss the opportunities that you have right now to learn something new.

It could be a new hobby, which is a great way to boost your recovery. Or it could just be **learning something new *about yourself*.**

View this phase of your life not as a struggle, but as an opportunity to discover something more.

Challenge to Make You, Not Break You

In order to grow as a person, we have to challenge ourselves. Sometimes we have to go out and find obstacles to conquer, and other times life hands them to us.

The difference isn't how you found this obstacle. The difference is how you choose to approach it.

You have to *choose* that this thing will make you, not break you. You have to choose to accept this moment as it is and make the best out of it.

It's hard. But with proper inspiration you can train yourself to find the good in everything.

Live More than Before by Finding Proper Perspective

The fact is *you survived a stroke*. You beat the odds and now you're presented with a special opportunity: the chance to live more than before.

You know more than anyone that we shouldn't take tomorrow for granted.

As Bree put it, **all we have is right now**.

So what passion projects did you put off before?

What were your *one-day-I'll-have-the-time-to-do-it* hopes and dreams?

You should start working on them now, because if you want to live more than before you have to stop saying no and start saying yes.