

10 Things Every Stroke Survivor Should Know

Straight from one of us who's been there.

1. You're not broken — you're rebuilding

You didn't "fail." You survived. Now you're rewiring, adapting, becoming. That takes guts.

2. Recovery isn't a straight line

Some days will feel like progress. Others like setbacks. Both are normal. Progress still counts even if it's slow.

3. Fatigue is real — and it's brutal

You're not lazy. Stroke fatigue is unlike anything else. Respect your energy. Rest is recovery too.

4. Mental health matters just as much as physical

Anxiety, depression, low mood — they often follow a stroke. You're not weak for feeling it. Talk. Ask for help.

5. You need support — and that's OK

Whether it's a carer, a mate, or an online group — don't do this alone. Connection helps. So does a laugh.

6. Small wins are massive

Tying a shoelace. Remembering a word. Walking to the end of the street. These are victories. Celebrate them.

•

-
-
-

7. Not everyone will understand — and that's not your fault

You'll hear "but you look fine" or "it's been ages." Ignore that. You know your body. Trust it.

8. Adaptation is strength, not weakness

Tools, routines, changes in how you do things — they don't make you less. They make you clever.

9. You get to decide who you become now

You might not be who you were — but that doesn't mean you're less. It means you've been remade.

10. You're not alone. Not now. Not here.

That's why Stroke Reset exists — to walk this road with you.
Calmly. Kindly. On your terms

Ian