

# MOVING BEYOND





# STAGES OF GRIEF

The Kübler-Ross model of grief (the five stages of grief) describes the five primary responses to loss. Someone who is grieving may go through these stages in order, and they may return to previous stages.

### DENIAL

This can't be happening.



#### ANGER

Why is this happening to me?



## BARGAINING

I will do anything to change this.



## DEPRESSION

What's the point of going on after this loss?



## ACCEPTANCE

It's going to be okay.

# PROCESS GRIEF



#### GIVE YOURSELF PERMISSION

GIVE YOURSELF TIME TO BE SAD, ANGRY, AND CONFUSED. TAKE THE TIME THAT YOU CAN SIT DOWN AND WORK THROUGH SOME OF YOUR FEELINGS.



#### ACKNOWLEDGE YOUR FEELINGS

WORK THROUGH YOUR SADNESS, ANGER, YOUR CONFUSION. YOU'RE IN A DIFFERENT PLACE NOW.



#### SELF CARE

TAKE CARE OF YOURSELF. IT IS NOT SELFISH FOR YOU TO GET THE SLEEP YOU NEED. TO EAT HEALTHIER FOODS. MAKE SURE YOU FIND A WAY TO DECOMPRESS. ALLOW YOURSELF SOME TIME TO GRIEVE AND COPE.



#### CONNECTION

SOCIAL MEDIA IS ONE WAY THAT YOU CAN FIND SUPPORT. LOG INTO FACEBOOK AND SEARCH FOR STROKE CAREGIVER SUPPORT GROUP.

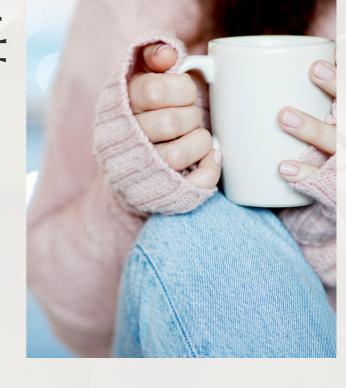


#### **ENGAGE**

ENGAGE IN ACTIVITIES THAT TAKE CARE OF YOUR EMOTIONAL WELL-BEING. FIND A SMALL ACTIVITY THAT YOU CAN DO CONSISTENTLY AND THEN BUILD.

# SELF-CARE CHECKLIST

Allow yourself one small item. Let them grow into bigger items. Take care of yourself.



Stretch all your muscles			
Organize one closet			
Drink another glass of water			
Eat vegetarian meals			
Drink a green juice			
Cook your favorite meal			
Listen to your favorite song			
Go for a walk in nature			
Go to bed earlier			
Take a nice bubble bath			
Go for a morning walk			
Dip your feet in warm water			

Eat your favorite dessert

	Get some sunlight
	Spend one minute in gratitude
	Go on a solo date
	Give yourself a break
	Order groceries online
	DoorDash dinner to your home
	Sit in the backyard and watch birds
	Allow your neighbor to pick up your prescriptions

# SELF-CARE PLANNER

PRIORITISING SELF-CARE IS A VERY IMPORTANT STEP IN LIVING A BALANCED AND STRESS-FREE LIFE. FILL OUT THE BOXES BELOW DURING THE WEEK TO GIVE YOURSELF TIME TO REFLECT.

I'M GRATEFUL FOR

EXERCISE AND NUTRITION

MY BIGGEST SELF-CARE GOAL THIS WEEK							
HABITS	$\bigcirc$ S	$\bigcirc$ M	$\bigcirc$	W	$\bigcirc$ T	F	$\bigcirc$
01							
02							
03							
04							
05							
05							



RANK THE TOP 10 MOST IMPORTANT THINGS IN YOUR LIFE AND ESTIMATE HOW MUCH TIME YOU SPEND ON THEM WEEKLY.

	IMPORTANT THING IN YOUR LIFE	$\bigcirc$
O1		
02		
03		
04		
O5		
06		
07		
08		
09		
10		

REFLECTION NOTES

# 7 DAY

# HABIT TRACKER

KEEPING TRACK OF YOUR HABITS CAN HELP YOU STAY ON TRACK AND ACHIEVE YOUR GOALS. FILL OUT YOUR TOP 12 GOALS AND MARK THEM OFF EACH DAY YOU SUCCESSFULLY COMPLETE THEM.

WEEK OF:	
HABIT / SELF-CARE STEP	S M T W T F S
O1	000000
02	
03	
04	
O5	
06	
07	
08	
09	
10	
11	
12	
7 / /	
REFLECTION NOTES	

# ACTION

# BRAINSTORMING

ACTION BRAINSTORMING CAN HELP IDENTIFY WHAT THINGS ARE HELPING OR STOPPING YOU FROM ACHIEVING YOUR GOALS.

MY GOAL:		
STOP DOING		
DO LESS OF		
KEEP DOING		
DO MORE OF		
START DOING		

## Welcome!

LIFE Speech Pathology + LIFE
Aphasia Academy specializes in
giving hope and reaching clientcentered, functional goals
through customized wholeperson treatment of chronic
aphasia. The clients and families
I work with have been
discharged from the traditional
rehabilitation process, but they
need more.

By understanding the thinking and language processes of each client with chronic aphasia, treatment is tailored to the underlying deficit while focusing on the client's goals.

Many clients I work with have been discharged from outpatient therapy because they have 'reached a plateau.' We don't believe in plateaus. We have the knowledge, experience, and skills to help you reach your goals and Do LIFE!

Let me know how I can be of help.

-Gerevieve

#### In the Business of HOPE

- Provide whole-person, goaldirected, customized therapy for clients wherever they are in life, whether it is getting back to work, getting back to the golf course, traveling, or managing the household. Your goals are our goals.
- Foster a village of support and the opportunity to connect with others. Receive the energy and positive vibes you need when you need it to support you and your loved one with aphasia
- Utilize my extensive rehabilitation experience with stroke survivors to get your questions answered
- Share resources for navigating your journey with aphasia



### **NEED MORE SUPPORT?**

Schedule a Complimentary, No
Obligation Aphasia Therapy
Consultation HERE with
LIFE Speech Pathology
YOUR GOALS ARE OUR GOALS



# Listen for LIFE Aphasia Podcast

Information, Support, Resources



## LET'S BUILD THE LIFE APHASIA VILLAGE

LIKE \* LISTEN \* DOWNLOAD \* SUBSCRIBE \* SHARE











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