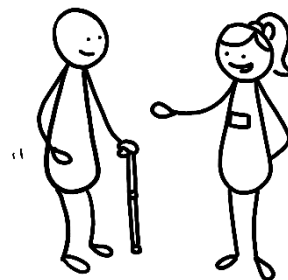


# Self-management

## What is self-management?

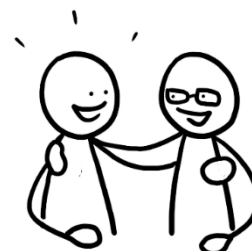
Living with **stroke** and **aphasia** can be **challenging**



**Self-management** is not being **left** to do things on your **own**



**But** finding ways **around** the **challenges** with the **support** of other **people**



**So** that **stroke survivors** feel able to **cope**

and **do** the **things** they **enjoy**

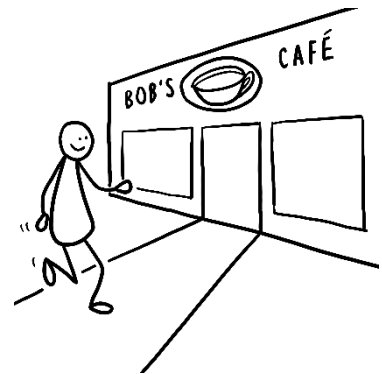


**Some** people say this is **finding** a '**new normal**'



## Why is self-management important?

To increase **confidence**



To help stroke survivors feel **in control** of their **lives**



To **feel a sense of well-being**



Sources: 1. [https://twitter.com/clark\\_ev/status/826028658141888512?s=03](https://twitter.com/clark_ev/status/826028658141888512?s=03)

2. <https://selfhelp4stroke.org/>

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