# A Guide to SELF LOVE with Aphasia

Part 1: Exercise Your Mind

Part 2: Exercise Your Body

Part 3: Create Connection

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#### **Exercise**

Your

**MIND** 

**Getting Started:** 

3 Tips for Basic Meditation

#### **Getting Started**

#### 3 Tips for Basic Meditation

#### 1.Start easy

Start with 2 minutes

Meditate for 2 minutes

#### 2.Set reminders

Set reminders every morning

Meditate for 2 minutes every morning

#### **Getting Started**

#### 3 Tips for Basic Meditation

#### 3. Check-in with your mood

Notice your feelings

Check-in with your mood

Next, start to breathe

#### **Exercise**

Your

**MIND** 

#### **Practicing Meditation:**

3 Tips for Practicing Meditation

#### **Practicing Mediation:**

#### 3 tips for Practicing Meditation

#### 1. Breathe into your belly

Breathe into your belly- count to 5

Breathe out of your belly- count to 5

Breathe into your belly- count to 5

Breathe out of your belly- count to 5

#### **Practicing Mediation:**

#### 3 tips for Practicing Meditation

#### 2. Focus on your breath

Focus on your breath

Thoughts will come up

Focus on your breath

Important thoughts will return later

This time is for you

You deserve to feel good!

#### **Practicing Mediation:**

#### 3 tips for Practicing Meditation

#### 3.Smile

Smile!

You are doing it right

Meditation gets easier with practice

All meditation is good meditation

#### **Exercise**

Your

**Body** 

5 Easy Stretches

Exercise in your chair

# **5 Easy Stretches**

- 5 Chair Stretches
- Do what you can
- Modify the stretches for you
- All exercise is good exercise

(Pictures are from this <u>website</u>)

## 1. Cat Cow





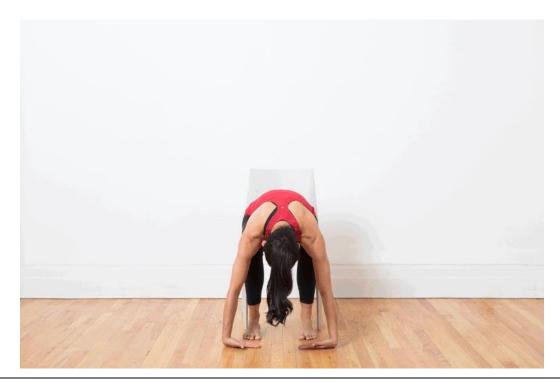
# 2. Arms Raised





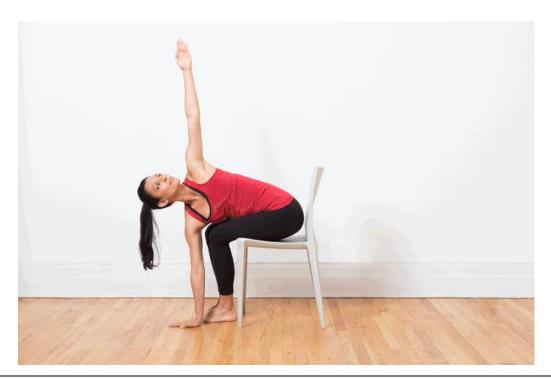
# 3. Forward Fold





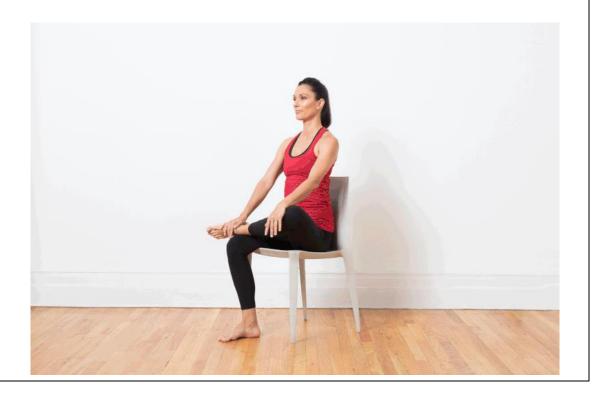
# 4. Chest Opener





# 5. Hip Opener





# Create Connection

Practice with friends

Retreats

**Support Groups** 

#### **Practice with Friends**

- Meditate with your family
- Meditate with your friends
- Meditate with your caregiver
- Set goals together!

#### Retreats

Make time for your health

Make time for your wellbeing

#### **Retreats**

- Kripalu Yoga Retreat
  - o Click here for Kripalu Yoga
- Aphasia Center of Maine Retreat
  - o Click here for Aphasia Center
- Sea to Sky Aphasia Camp
  - o Click here for Aphasia Camp

# **Support Groups**

- Online Aphasia Support:
  - o Click here for Aphasia Recovery Connection
- Local Aphasia Support:
  - o Click here for a local aphasia group
- Group Therapy:
  - Click here for the American Psychological
     Association

#### **More Resources:**

- http://ineedmotivation.com/100benefits-of-meditation/
- https://liveanddare.com/types-ofmeditation
- https://www.psychologytoday.com/blog/the-courage-be-present/201001/how-practice-mindfulness-meditation
- https://www.verywell.com/chairyoga-poses-3567189