

# **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

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### **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

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### **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 Meditation:**

### 3 tips for Practicing Meditation

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#### **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 Meditation:**

## 3 tips for Practicing Meditation

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### **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 Meditation:**

### 3 tips for Practicing Meditation

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#### **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 [website](#))

# 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

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- Kripalu Yoga Retreat
  - [Click here for Kripalu Yoga](#)
  
- Aphasia Center of Maine Retreat
  - [Click here for Aphasia Center](#)
  
- Sea to Sky Aphasia Camp
  - [Click here for Aphasia Camp](#)

# Support Groups

- Online Aphasia Support:
  - [Click here for Aphasia Recovery Connection](#)
  
- Local Aphasia Support:
  - [Click here for a local aphasia group](#)
  
- Group Therapy:
  - [Click here for the American Psychological Association](#)

## More Resources:

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