



How to improve your communication

Self-management website for people who have had a stroke www.selfhelp4stroke.org

Topic 4 Emotional Support

The following strategies may help you improve your communication

	Works for me	Doesn't work for me	I will try this
I let people know if I am having difficulty with my speech			
I watch for peoples reactions, so I know when they are not understanding me			
I listen to myself and try to make changes when needed			
I pace myself knowing that I can get tired more easily			
I try to keep calm and relaxed and not let others rush me			
I will try other ways of communicating such as writing notes			
I don't worry about perfection, but don't give up			