

Taking action

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

Topic 2 Keeping Healthy

Step	Tips
<p>1</p> <p>Problem</p>	<p> Identify them</p>
<p>2</p> <p>Prioritise</p>	<p> What can I do something about?</p>
<p>3</p> <p>Plan</p>	<p> Your first steps</p>
<p>4</p> <p>Prepare</p>	<p> For the event</p>
<p>5</p> <p>Ponder</p>	<p> What worked for me?</p>