

Recovering from Stroke: With a Little Gallows Humor Along the Way

In May of 2021, I suffered a massive ischemic stroke that put me in the hospital for eight weeks. During that time, I lost most of my ability to speak and write, a condition known as expressive aphasia. This made it extremely difficult to communicate with my doctors, nurses, and family members.



Not so Green as Cabbage Looking: Recovering from a Stroke with a Little Gallows Humor Along the Way

by Simon Barton

★★★★★ 5 out of 5

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Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 87 pages



One day, I was sitting in my hospital bed, feeling frustrated and alone. I had been trying to write a letter to my wife, but I couldn't find the words. I started to get angry and upset. Then, all of a sudden, I started to laugh. I couldn't believe that I was actually laughing in the middle of all this chaos. But then I realized that laughter was the one thing that could make me feel better.

I started to use gallows humor to cope with my stroke. I would make jokes about my speech therapy, my physical therapy, and even my own mortality.

It wasn't always easy, but it helped me to get through some tough times.

When I was finally discharged from the hospital, I continued to use gallows humor to help me recover. I started a blog where I wrote about my experiences as a stroke survivor. I also started giving speeches about my journey. I found that sharing my story with others helped me to heal and to connect with other stroke survivors.

Gallows humor is not for everyone. But for me, it has been a valuable tool in my recovery. It has helped me to cope with the challenges of stroke, and it has helped me to find my voice again.

If you are a stroke survivor, I encourage you to try using gallows humor. It may not be easy, but it could make a big difference in your recovery.

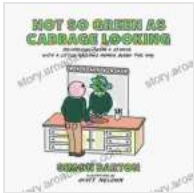
Here are some tips for using gallows humor to cope with stroke:

- Don't be afraid to laugh at yourself.
- Find the humor in your situation.
- Share your story with others.
- Use gallows humor to connect with other stroke survivors.
- Don't take yourself too seriously.

Gallows humor can be a powerful tool for stroke survivors. It can help you to cope with the challenges of stroke, and it can help you to find your voice again.

Additional Resources

- National Stroke Association
- National Aphasia Association
- Gallows Humor Foundation



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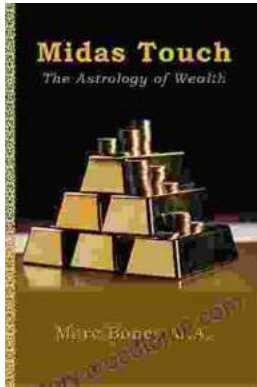
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