

TOP TIPS

TO RECLAIM COMMUNICATION AND CONNECTION



*Simple, Actionable Steps For Care Partners to Restore
Control, Reduce Overwhelm, and Reconnect in Just 15
Minutes a Day*

YOU ARE NOT ALONE.

Caring for your spouse after a stroke is one of the toughest challenges you've faced. Aphasia and apraxia have stolen your ability to connect as you once did, leaving you feeling more like a caregiver than a partner. But here's the truth: your story isn't over. Rebuilding your relationship is possible, even if your partner's words aren't the same. This guide will give you simple, actionable steps—top tips—to help you start reconnecting—in just 15 minutes a day.

If you're here, you've already taken the first step toward reclaiming your relationship. Let's take the next one together.

STEP 1: SHIFT FROM CHAOS TO CLARITY

Life feels overwhelming when you're managing everything alone. Your role has changed, and it's okay to feel grief, frustration, and exhaustion. But staying stuck in this cycle only leads to more chaos. Without gaining control of your emotions and responsibilities, frustration grows, communication breaks down, and relationships suffer.

The Consequences of Inaction:

- Emotional burnout leads to physical fatigue and illness.
- Communication gaps widen, increasing feelings of isolation.
- Resentment builds, replacing love and connection.

The Solution: Start small. Commit to 15 minutes daily to focus on clear, mindful communication. These small steps can help you feel more in control and set the foundation for deeper reconnection.

STEP 2: TIPS FOR RECONNECTION

Rebuilding the Basics

- **Start with Eye Contact:** Sit together without distractions. Look into each other's eyes when speaking. Touch his hand gently to let him know he has your full attention.
- **Reflect and Wait:** Repeat back what he says, exactly as he says it, and pause. Give him time to process and respond. Patience is key.
- **Non-Verbal Communication:** Encourage gestures, nods, or thumbs up/down if words aren't coming easily. Watch his body language for clues about his emotions or needs.

Daily 15-Minute Practice

- Choose a calm moment—morning coffee, afternoon rest, or evening quiet time.
- Ask simple, open-ended questions like, “What do you want for dinner?” or “Did you enjoy the walk?”
- Eliminate distractions (turn off the TV, put away your phone).
- End with a positive reflection: “I loved spending this time with you.”

STEP 3: TIPS FOR RECONNECTION

You can't pour from an empty cup. To show up for your partner, you must take care of yourself.

Simple Steps to Reclaim Your Energy:

- **Practice Gratitude:** Take a moment each morning to name one thing you're thankful for. Say it aloud to start your day with intention.
- **Hydrate First:** Begin your day with a glass of water to refresh your body and mind.
- **Move Gently:** A short walk or stretching session can clear your head and reduce stress.
- **Breathe Deeply:** Use a simple breathing exercise (inhale for 5 seconds, hold for 4 seconds, exhale for 8 seconds) to calm your emotional brain.

YOUR NEXT STEPS: TIPS FOR RECONNECTION

Ready to take control of the chaos? Here's how to move forward:

1. Sign Up for the Free Chaos to Clarity Email Course:

- In just 15 minutes a day for 5 days, you'll learn actionable strategies to manage your responsibilities, emotions, and communication challenges. **[\[CLICK HERE\]](#)**

2. Schedule a Care Partner Strengths Consultation:

- Let us help you build a personalized plan to regain control and feel empowered in your role. Because before you can help your partner thrive, you need a plan to thrive yourself. **[\[CLICK HERE\]](#)**

What Happens If You Do Nothing? The overwhelm continues. The connection fades. And both you and your partner risk missing the chance to rebuild the loving relationship you deserve. Don't let that happen. You have the power to create meaningful change—starting today.

Reconnecting with your partner starts with reconnecting with yourself. You don't have to face this alone.

Together, we'll move from frustration to connection, from overwhelm to peace. Your relationship may never look the same, but it can still be beautiful, meaningful, and strong.