

Atika Ahmad, Singapore

Bahasa

Ada 4 faktor yang membantu saya mengatasi strok.

Pertama, saya sentiasa berfikiran positif. Saya ingin dan yakin saya akan sembuh. Saya sentiasa memikirkan apa yang harus saya lakukan untuk pulih semula.

Kedua, sokongan dari keluarga, Singapore National Stroke Association, teman-teman dan rakan-rakan strok amat membantu. Mereka adalah motivasi untuk saya sembuh.

Ketiga, saya sentiasa aktif. Bukan sahaja semasa program pemulihan, tetapi rajin melakukan senaman di rumah, menyertai program-program senaman di luar seperti di SNSA, berjalan bersama teman-teman dan juga menggunakan alat senaman yang disediakan di kawasan perumahan saya.

Keempat, saya sentiasa menguji kemampuan seperti memasuki sukan dayung dan bot naga.

English

There are 4 factors that helped me overcome the stroke.

Firstly, I always maintained a positive mindset. I wanted and believed that I would recover. I constantly thought about what I should do to regain my health.

Secondly, the support from family, Singapore National Stroke Association, friends, and fellow stroke survivors was very helpful. They have been my motivation to recover.

Thirdly, I have always been active. Not only during rehabilitation program, but diligently exercise at home, participating in outdoor exercise programs like those at SNSA, walk with friends and also use the exercise equipment provided in my residential area.

Fourthly, I have always tested my abilities by participating in rowing and dragon boating.