

STROKE VOCATIONAL REHABILITATION

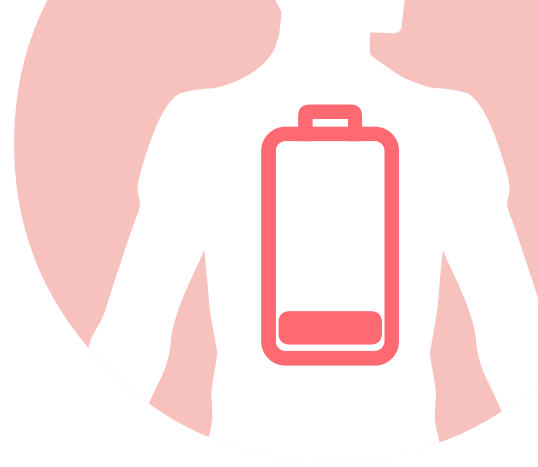
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COGNITION: HEALTH & RECOVERY WORKBOOK

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Week 1 worksheet

Thinking skills and the brain



How have my thinking skills changed?

What helps me manage...

Fatigue

Stress

What makes it harder for me to think?

Brain Fog?

Fatigue

Stress

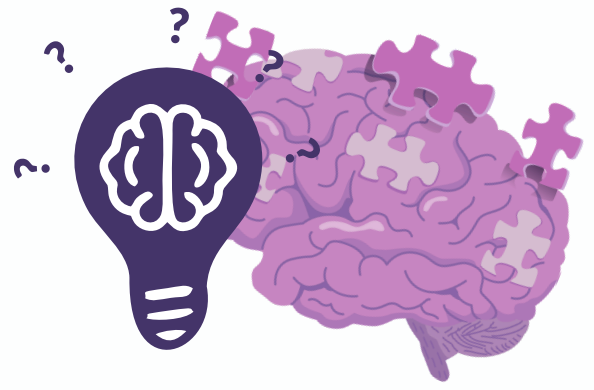
Mood

Other

To relax, this week I'm going to try...

Week 2 worksheet

Attention and Memory



Different strategies work for different people. List what cognitive strategies/exercises you find helpful (or one's that you would like to try...)

**Concentration
strategies**

**Memory
strategies**

**'Brain
training'**

**Plan in a rest
activity this
week**

**What is my ideal
workspace?**

e.g. noise level, lighting,
people

Think of task which you are
struggling with because of
attention or memory.

**This week I'm going to try to
use the following strategy to
see if this helps...**

Is this similar to your current set up
at work? Have you had a work place
assessment?

Week 3 worksheet

Executive Functions



1. Pick a work based activity that you need to do this week?

2. How would you prioritise it (tick a box in the matrix)

3. Plan it on the calendar

(time of day, how long will it take, do you need a break afterwards?)

4. How could you break it down into smaller steps?

	URGENT	LESS URGENT
IMPORTANT	DO NOW	SCHEDULE
LESS IMPORTANT	DELEGATE	DELETE?

What helps me plan and organise tasks at work?

e.g. list, calendar

Plan in a rest activity this week

Week 4 worksheet

Communication



Which of my thinking skills are affecting my communication...and how?

Attention

Memory

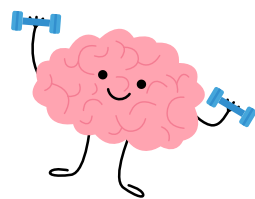
**Planning &
Problem Solving**

Other

**DON'T
FORGET
YOUR
EMOTIONS**

**What helps me
manage this?**

BRAIN TRAINING



Word puzzles
Category games
Word games
Listing games
Games with no words

Week 5 worksheet

Looking after my brain
&
my next steps...



My positive lifestyle factors to help me at work
e.g. diet, sleep, exercise

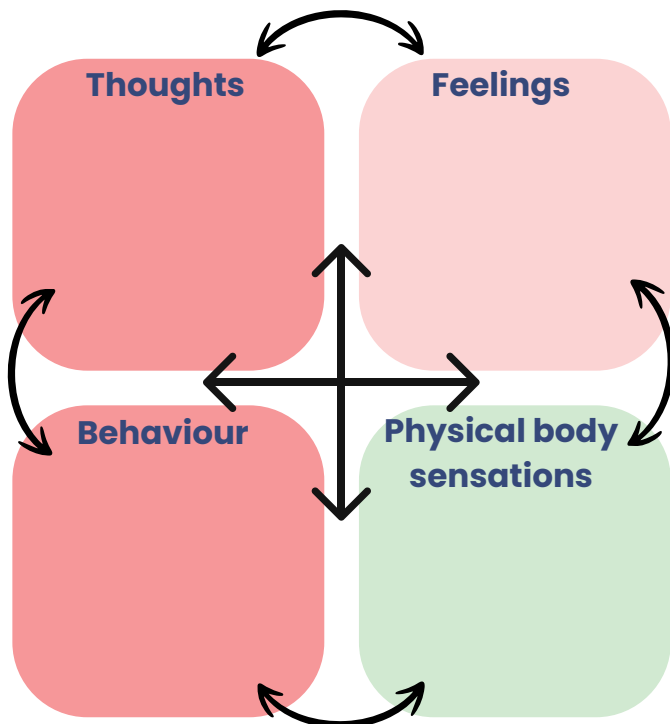
A task I am struggling with at work is...

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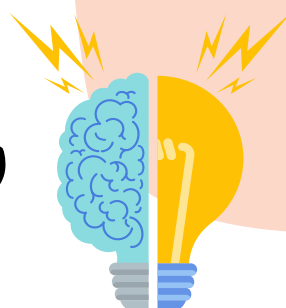
How has this task/situation affected you?

Use the CBT model to unpick how your thoughts, behaviour, bodily sensations and feelings can impact on a situation.



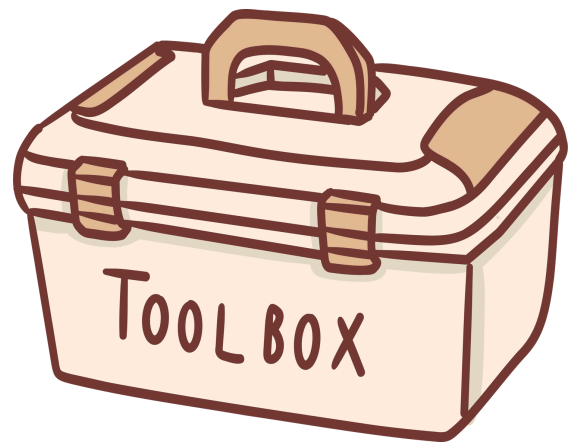
My Situation

What will I try to improve this situation?



Summary Worksheet

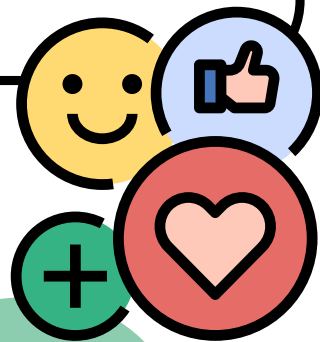
My Cognitive Toolkit



My strategies for helping my cognition...



What helps me stay positive?



Activities that help me rest and relax

Brain training activities I enjoy...



Summary Worksheet

Managing Stress/Mood



How do these triggers make me...

