Wellness “Menu”

From the Aphasia & Wellness program, March 2026

- Calm Meditation App
- Yoga - find practices at the library, rec department, on TV
- Exercise and movement, stretching
- Humor
- Jigsaw puzzle
- Being prepared (to feel more confident)
- Joining Aphasia Groups
- Going outdoors and nature walks
- Music: Listening to music, singing
- Gratitude
- Religion and spirituality
- Crochet
- Go to the library
- Watch TV, movies
- Social opportunities with family, friends, and people in the community
- Way to feel like you’re contributing to the community through work, volunteering, and/or helping others in small ways
- Pets
- Activities that are repetitive, and help you feel in control (organizing, crochet)

*We talked about how these strategies apply to people with aphasia AND their care partners