



Coping with Emotional Changes

After a Stroke

High Intensity Rehab



Hope after a Stroke

“The Secret of Change is to focus all of your energy not on fighting the old, but on building the new”

– Socrates

If you have further questions, please ask your healthcare provider.

Some useful information sites:

Fraser Health fraserhealth.ca

The Heart and Stroke Foundation of Canada heartandstroke.ca

www.fraserhealth.ca

This information does not replace the advice given to you by your health care provider.

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To order: patienteduc.fraserhealth.ca

Emotional changes after a stroke

Sometimes our emotions seem to come “out of the blue” and are “uncontrollable”. We call this being ***emotionally labile***.

Anxiety, anger, frustration, depression, withdrawal, and reduced motivation for therapy or re-learning are all common emotions.

Grief

Grief is the normal and natural emotional reaction to loss or change of any kind.

Everyone grieves differently. Grief can come in waves throughout our day.

Loss

Loss is the experience of having something taken from you.

Loss can be in many forms:

- Loss of function or ability
- Loss of role in family or relationships
- Loss of job, social class, finances
- Loss of independence

Relationships

Relationships between friends, family and spouses can change after a stroke.

Sexual Health can also be impacted and can be of great concern to some.

Coping with emotional changes

There are many ways to cope, and they can be different for everyone.

Some ideas:

- ✓ Acknowledge the emotions and feelings you are having as a normal response.
- ✓ Talk with someone you trust.
- ✓ Write in a journal.
- ✓ Take time to laugh.
- ✓ Focus on your ability - doing something in a different way vs “can’t” do it
- ✓ Connect with your spiritual or faith leader.
- ✓ Connect with people and resources in your community.