

EMOTIONAL RECOVERY AFTER STROKE

Healing the Mind After Stroke

Stroke affects more than movement and speech.
It can also affect mood, emotions, confidence, and coping.



EMOTIONAL CHANGES AFTER STROKE ARE COMMON



About 1 in 3

stroke survivors experience depression after stroke.



About 1 in 4

stroke survivors experience anxiety after stroke.



Most emotional changes

begin within the first few months after stroke, but they can occur at any time during recovery.



These feelings are common, recognized complication of stroke, and are not a sign of weakness.

WHY DOES THIS HAPPEN?



Changes in brain function caused by the stroke itself



Adjusting to life after a stroke

Changes in independence, mobility, work, or relationships



Previous history of depression or anxiety



Other factors

Stroke severity, cognitive changes, and other medical conditions

TALK ABOUT IT



- ✓ Your stroke follow-up visits are a safe place to discuss emotional changes.
- ✓ You do not need to wait until symptoms become severe.
- ✓ Sharing concerns early allows us to connect you with tools, resources, and support that may help.



WHEN SHOULD I BRING IT UP?

Always.

If you are experiencing emotional changes after stroke, we want to know. There is no concern that is too small to discuss.

Please bring it up if you are experiencing:

- ✓ Anxiety
- ✓ Depression
- ✓ Increased irritability or anger
- ✓ Loss of motivation or interest
- ✓ Fear of another stroke
- ✓ Feeling overwhelmed
- ✓ Difficulty adjusting to life after stroke
- ✓ Changes in sleep or appetite



Just as physical therapy helps with weakness and balance, support is available for emotional recovery after stroke.

RESOURCES & SUPPORT

Many resources are available to help you and your family on your recovery journey.



STROKE SUPPORT GROUPS

Connect with others who understand. Ask your provider for local group information.



COUNSELING OR THERAPY

Individual or family therapy can help you cope, heal, and adjust.



PSYCHOLOGY REFERRALS

We can connect you with psychology professionals specializing in stroke recovery.



CAREGIVER SUPPORT

Support is available for caregivers. Taking care of yourself matters.



CRISIS RESOURCES

If you are in crisis or having thoughts of self-harm, call or text **988** or call **911**.



Addressing emotional health can improve participation in rehabilitation, quality of life, relationships, and overall recovery.



Taking care of your emotional health is part of stroke recovery.
Talk with us. We are here to help.

