

Stroke: Understanding Your Emotions

After a stroke, you may feel different ... without knowing why.

For example, it might be hard to control your emotions.

You may cry or laugh for no reason.

Or you may feel down or even hopeless.

And maybe you find you're acting differently too.

You may act too quickly or impulsively.

Or you may be more anxious and hesitant in certain situations.

These changes in your moods and behavior can be upsetting.

And they can be confusing to you and your family.

But a stroke can often affect the parts of your brain that control how you feel and act.

So ... even though you don't want to feel this way ... it's common.

And it's something you can get through.

Time often makes things better.

And showing kindness to yourself as you heal may help the time pass.

Other feelings ... like feeling sad, frustrated, or afraid ...

are natural after having a stroke.

You may feel angry or sad about not being able to do some of the things you could do before.

Or you may be frustrated by how long your recovery takes.

You may even feel depressed.

And this can make it hard to find hope that things can get better.

Many people feel this way after a stroke ...

but have worked through the depression and are enjoying life again.

And so can you.

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These aren't easy feelings or changes to deal with.

But if you feel hopeless or depressed, talk with your care provider.

It's important to get help.

With therapy ... medicines ... and a little time, you can start to feel better.

And let your loved ones know what's happening.

Their support ... and understanding ... can help you deal with these feelings.

Spending time with others who are going through the same things you are ...

Well, that can be a big help too.

Now ... there are going to be some ups and downs while you are getting better.

But with time and support from the people around you, you'll begin to heal and learn ways to adjust to life after a stroke.