

Coping With Your Emotions After a Stroke



Overview

Just after a stroke, it's common for people to experience emotional changes. You may have drastic mood swings from one minute to the next. Your reaction to things may not make sense. This can be surprising and confusing to you and to those around you. But it's a normal part of recovery.

Why does it change your emotions

Why does a stroke affect your emotions? Well, there are a few reasons. First, a stroke is a brain injury. It can damage your brain in a way that makes it hard to manage your emotions. That's not something you can control, it's a physical problem. Second, a stroke is a life-changing experience. As with any traumatic event, it can cause an intense emotional reaction. It can be hard for you to work through your feelings after what's happened.

Common emotions

You may cry or laugh for no reason, or at unusual times. You may feel sad, hopeless and helpless. You may be anxious, angry or irritable. These are all common emotions, so don't feel guilty about having them. Talk about these feelings with your doctor. And if you are depressed, tell your doctor so you can get the right treatment.

Coping strategies

As you recover, make sure you get regular exercise. Try to do things that interest you. And you may find that you tire easily, so make sure you get enough sleep.

Conclusion

If you take an active role in your care and follow your doctor's advice, you can learn to manage your feelings and get back to the life you love.

