

Bedfordshire Neuro Therapy Service

Anger and frustration after a stroke



Call: 0300 790 6832

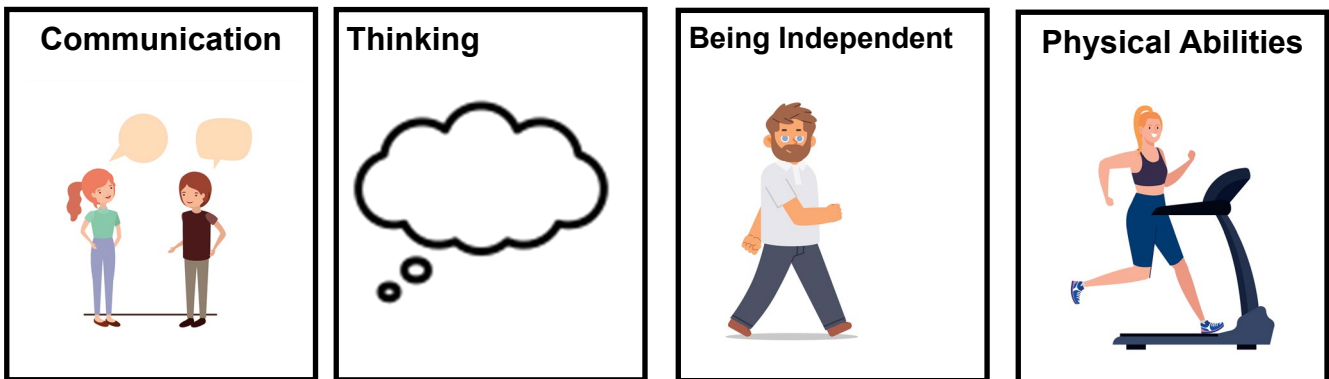


Email: eec.beds.adults.neuroesd@nhs.net

Why might you feel angry?

Anger is a strong **emotional response** to situations that feel **threatening** or **unfair**.

You may feel **angry** that you have **lost** important **skills** such as:



What is frustration?

Frustration is an **emotional response** to **obstacles** that prevent you achieving your **wants, needs** or **goals**.

For example, you may feel very **frustrated** because:

- Can't get your **words out** when talking
- Can't **read**
- Can't **do up your buttons** when dressing.



Being **unable to do** the things you want in the way you want can make you both **frustrated** and **angry**.

What are the signs you are angry?

Changes happen in your body

Heart rate increases



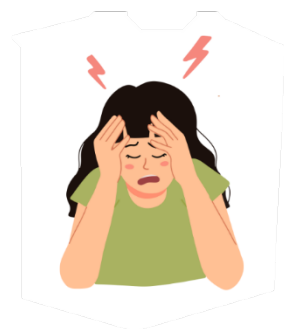
Breathing rate increases



Feeling **hot** and **sweaty** and **red** in the **face**



Hands, shoulders and face muscles **tense up**



Energy feels **trapped** in your body





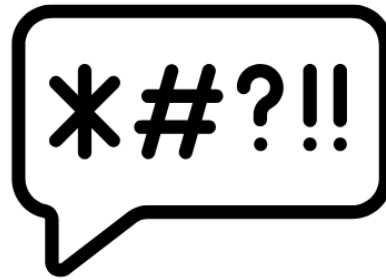
Changes happen to your thoughts

Your behaviour may change

You might...



lose control



shout or swear



do **risky** things



withdraw or ignore people



do things that are **harmful** to yourself.

How can you control your anger?

- Recognise the **signs**



- **Pause**



- **Leave the situation**



- Get some **fresh air**



- Focus on things around you. This is called **‘grounding’**. You can do this by naming:



5 things you can **see**



4 things you can **hear**



3 things you can **touch**



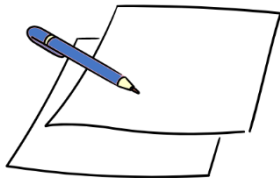
2 things you can **smell**



1 thing you can **taste**

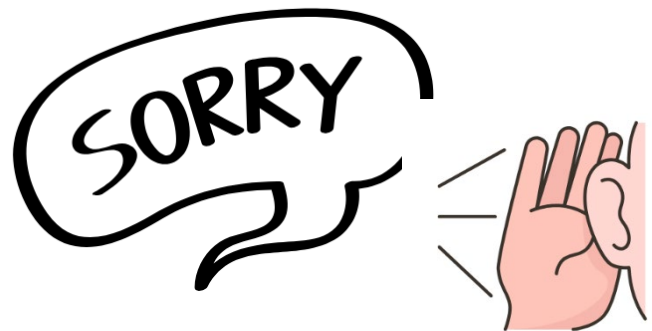
How can you share your feelings safely?

- **Write down, draw or point to** pictures of your feelings....



- When you feel **calmer**, **share** the reasons **why** you are **frustrated** or **angry**.

- **Apologise** if it helps.



- **Listen** to how the other person feels

- Try to **work out** what to do **together**



How can you become calmer?

- Be **kind** to yourself



- Keep a **diary**



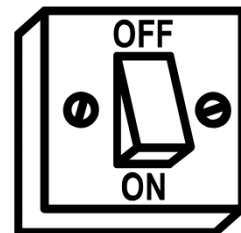
- Give yourself **more time** for tasks



- Do activities that help you **relax**



- List what **switches** on your anger



- **Agree** an action **plan**



- Do some **exercise**



Is your anger harmful?

Having **angry feelings** after a stroke can be **normal**.

Anger is a **powerful** emotion.

Anger is driven by a **hormone** called '**adrenaline**'.

As your **stress levels rise**, adrenaline can make you respond in different ways.



You might feel...



Agitated?



Irritable?



Withdrawn?

If your anger causes harm to you or others you **need urgent help**.



Who can help you?

Your **GP** or **therapist** can refer you for 'talking therapy' or anger management support



NHS 111 option 2 for urgent emotional support



Headway on 0808 800 2244 for help and advice on brain injury



helpline@headway.org.uk



the brain injury association



Stroke Association on 0303 3033 100



helpline@stroke.org.uk



If there is **immediate risk of harm** call the **Police** on **999**



National Domestic Abuse Helpline for support if you are facing family violence or abuse: 0808 2000 247



Where can you get more information?

1. Stroke Association

- **Aphasia friendly stroke information**
<https://www.stroke.org.uk/stroke/effects/aphasia/information>
- **Emotional changes after a stroke** - accessible video
<https://www.stroke.org.uk/stroke/effects/emotional#emotional>
- **Feeling Overwhelmed** – Video on the emotional impact of stroke
https://www.youtube.com/watch?v=LsH_zZ3F8LM

2. City University of London

- **CARA resource hub videos:**
<https://cityaccess.org/carahub/>
- **Psychological Journeys after stroke and aphasia:** Jo and Michael's stories – Video
https://www.youtube.com/watch?v=2iy7wm2_tnl

Scan to listen:





Thank you!

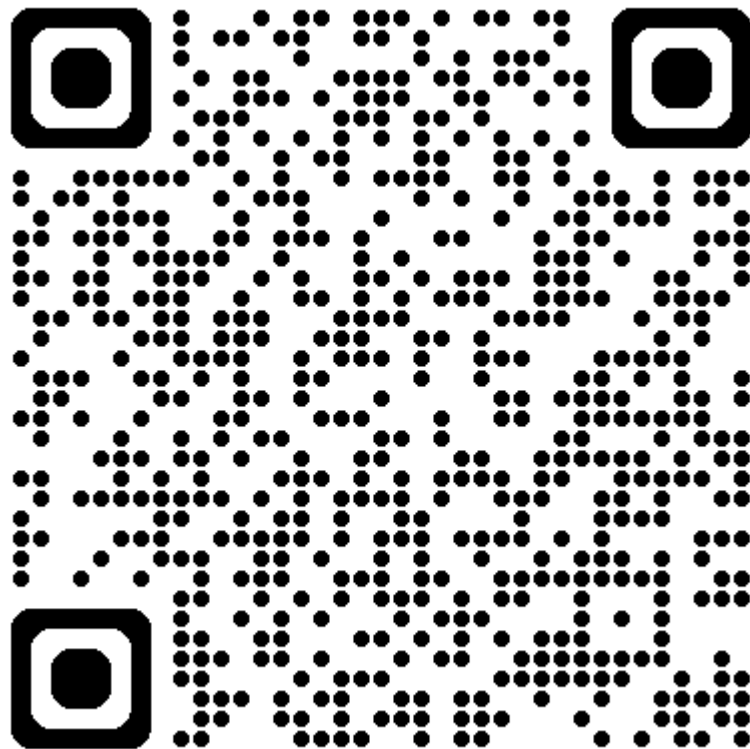
We would like to **thank our team of experts** living with communication difficulties for their **help** with making this leaflet.



Thank you Rashmi, Arber, Mark, Steve and Fiona.



**Scan the code below
to hear this information.**



This leaflet was made by East of England Community Health and Care NHS Trust.

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