

Bedfordshire Neuro Therapy Service

Anxiety after stroke



Call: 0300 790 6832

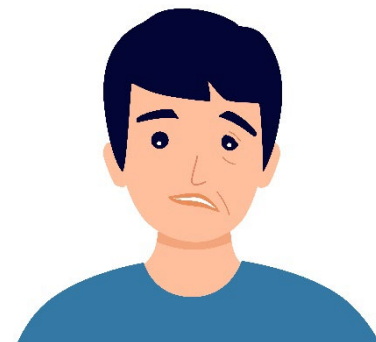


Email: eec.beds.adults.neuroesd@nhs.net

Why might you feel anxious?

A **stroke** happens very **suddenly** and is a **shock**. **Your life can change** very quickly.

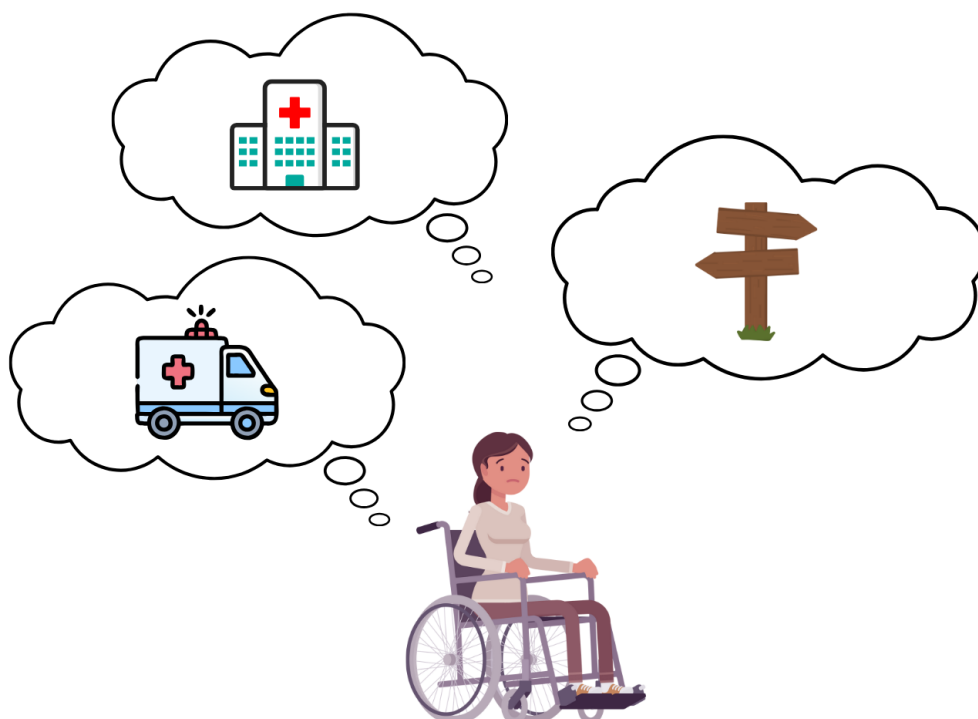
This can make you **feel anxious** and **vulnerable**.



You may find it **hard to adjust**. Life may be more **difficult** and **stressful**.

What is anxiety?

Anxiety after stroke is **common**. It is an **automatic** reaction to **stressful events, situations and thoughts**.



What are the signs you are anxious?

Changes happen in your body



heart beats **faster**



feeling **sick**

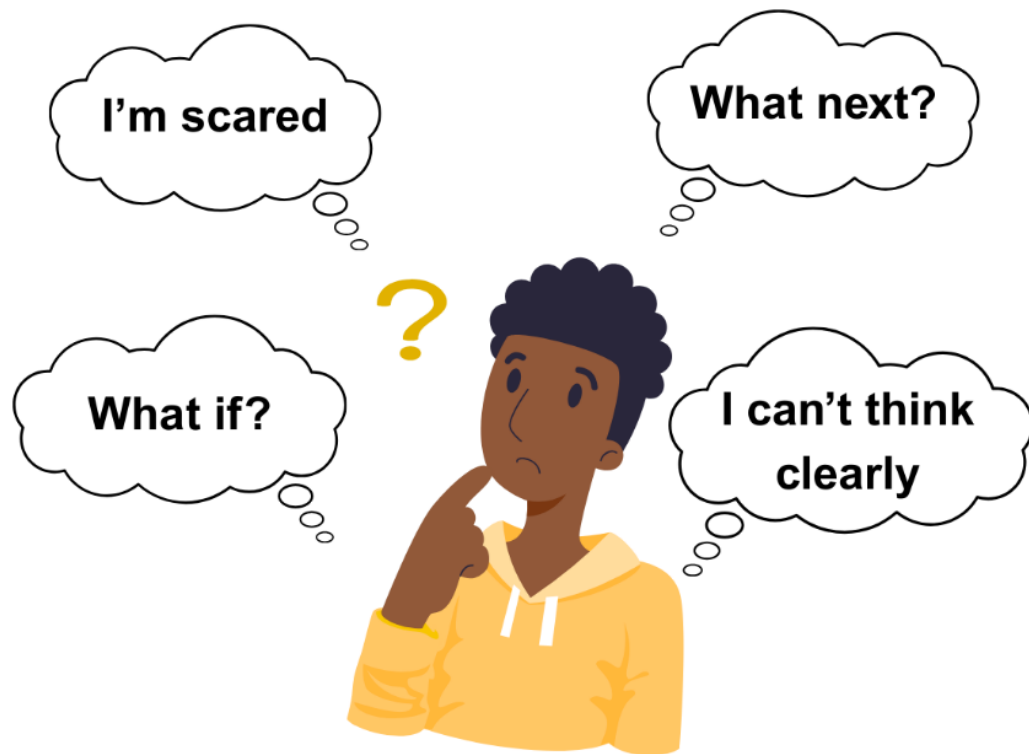


hands, shoulders
and jaw **tense** up



chest feels **tight** or
shallow breathing

Changes happen to your thoughts



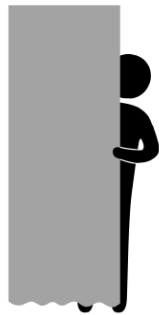
Your behaviour may change



not sleeping well



not eating well



avoiding people or places



shouting more



being angry or irritable



having panic attacks



drinking more alcohol

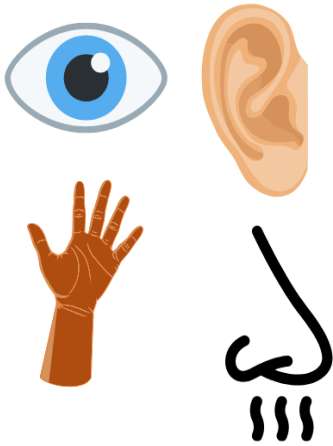


smoking more

How can you reduce your anxiety?



Breathe **slowly** and **deeply**
from your stomach.
Repeat 10 times.



Notice what is **around** you.
What can you **see**?
What can you **hear**?
What can you **touch**?
What can you **smell**?



Think about a **calming** or **peaceful**
situation in your mind.
Move to a **quiet place**.



Repeat “**I am safe**” or “**I can do this**”

How can you become calmer?

Try to do some exercise every day.
For example, **taking a walk** or
practising **yoga**.



Get plenty of **rest** and **sleep**.



Listen to a **relaxation** App.

Try to **eat healthy foods**



Drink plenty of **fluids**



Who can help you?

If your **anxiety** is making your **life difficult** then:

Talk to your **GP**.

Medicine may help.



Think about **talking therapy**.

Ask one of our team for more information.



Emergency Support

If you feel **suicidal** or think about **harming yourself** call **999** or **111** and ask for **option 2**.



This help is open 24 hours a day,
every day of the year

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_tnI



Thank you!

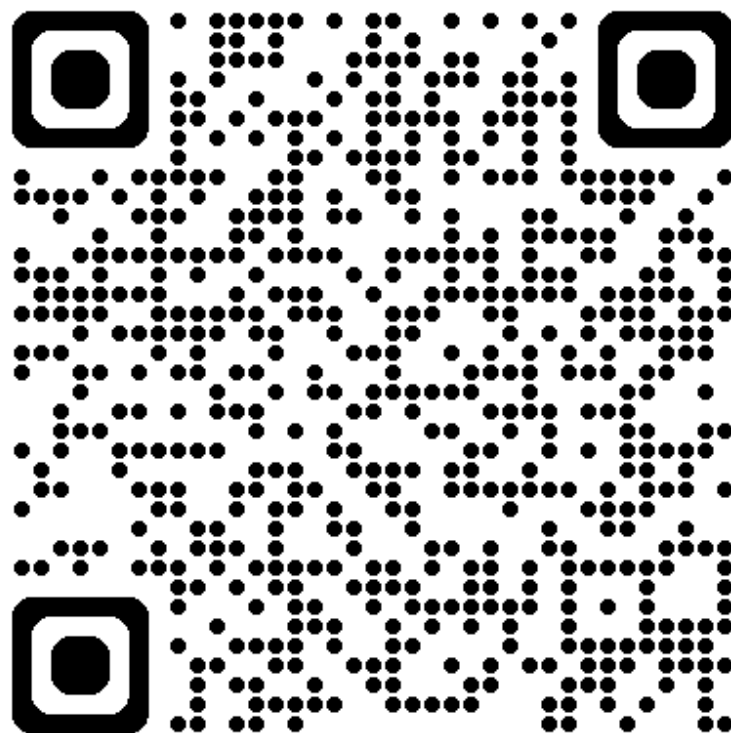
We would like to **thank our team of experts** living with communication difficulties for their **help** with making this leaflet.



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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