

## Stroke self-management video series

# Practical Strategies for Managing Anxiety & Frustration after Stroke

*Once you have watched the video on Practical Strategies for Managing Anxiety & Frustration after Stroke, please check out these useful websites and resource documents.*

### Client & Caregiver Resources

#### **1. Heart & Stroke Foundation of Canada Topics:**

##### **Emotions and feelings**

<https://www.heartandstroke.ca/heart/recovery-and-support/emotions-and-feelings>

##### **Depression**

<https://www.heartandstroke.ca/stroke/recovery-and-support/emotions/depression>

##### **Stress basics**

<https://www.heartandstroke.ca/get-healthy/reduce-stress/stress-basics>

##### **Rehabilitation and Recovery Infographic:**

<https://www.heartandstroke.ca/-/media/1-stroke-best->

[practices/rehabilitation-nov2019/csbp-infographic-rehabilitation.ashx?rev=a2cff1fb27424c84bbd44b568d58d1b4](https://www.heartandstroke.ca/-/media/1-stroke-best-practices/rehabilitation-nov2019/csbp-infographic-rehabilitation.ashx?rev=a2cff1fb27424c84bbd44b568d58d1b4)

### **Transitions and Community Participation Infographic:**

<https://www.heartandstroke.ca/-/media/1-stroke-best-practices/transition-of-care-nov2019/csbp-infographic-transitions-and-participation.ashx?rev=595e990a17e14232aa3b1c731d983ce3>

## **2. Canadian Stroke Best Practices**

### **Post Stroke Depression**

<https://www.strokebestpractices.ca/recommendations/mood-cognition-and-fatigue-following-stroke/post-stroke-depression>

## **3. Canadian Mental Health Association**

<https://cmha.ca/>

### **Links to audio tracks:**

#### **Deep breathing:**

<https://myhealth.alberta.ca/Alberta/Pages/Deep-Breathing-Audio-Track.aspx>

<https://www.anxietycanada.com/articles/calm-breathing-audio/>

**Visual resource for deep breathing:**

**Breathing bubble:**

<https://www.youtube.com/watch?v=5DqTuWve9t8>

**Muscle relaxation/mindfulness/body awareness:**

<https://myhealth.alberta.ca/Alberta/Alberta%20Images/Audio-Tracks/body-scan.mp3>

<https://myhealth.alberta.ca/Alberta/Alberta%20Images/Audio-Tracks/progressive-muscle-relaxation.mp3>

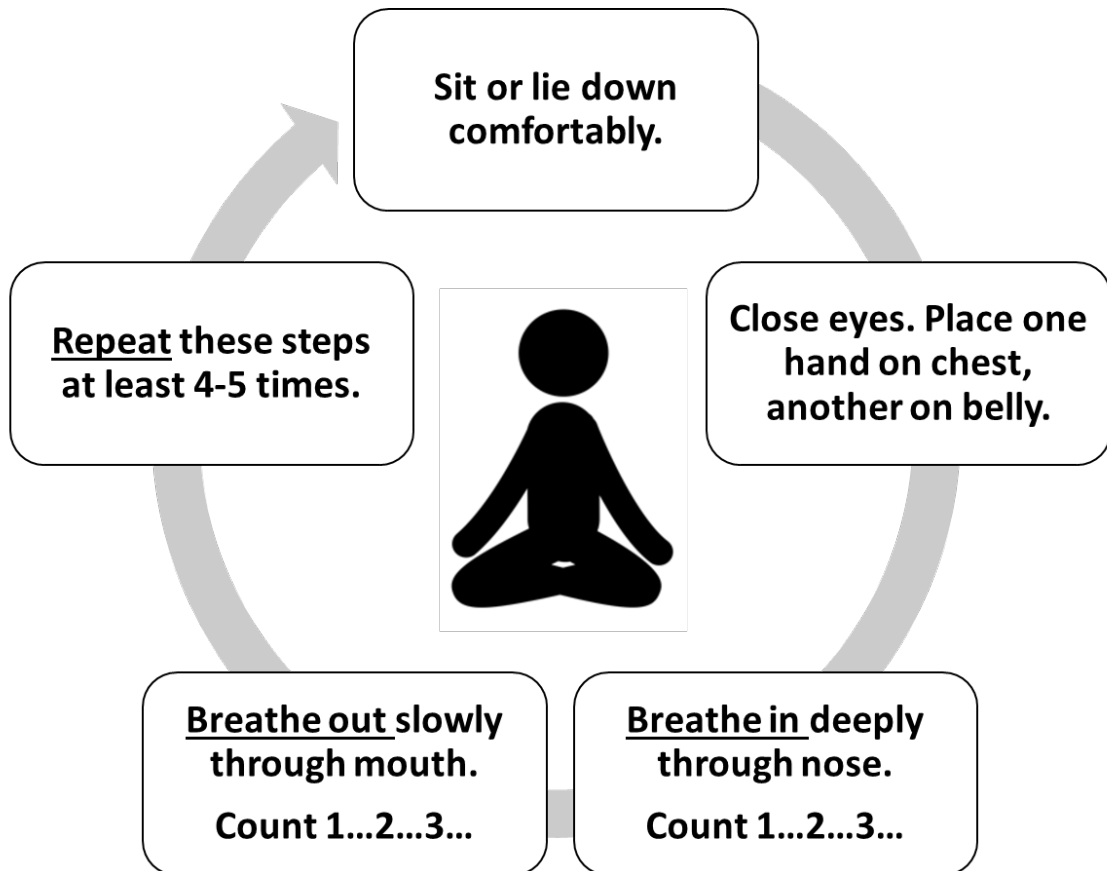
<https://www.anxietycanada.com/articles/how-to-do-progressive-muscle-relaxation/>

**Printable resources/documents:**

**Heart & Stroke Foundation of Canada: “Coping with Stress”**

<https://www.heartandstroke.ca/-/media/pdf-files/canada/other/coping-with-stress-en.ashx>

# Deep breathing



## Sensory grounding

1. Sit comfortably in a quiet space.
2. Take several deep breaths.
3. Notice, say, or think of:



5 - things you **see**



4 - things you **hear**



3 - things you can **touch**



2 - things you **smell**



1 - thing you **taste**

### **Modify this exercise:**

- For aphasia/word finding challenges: Visualize items in your mind instead of saying them. Look at them in the room.
- For vision challenges: Skip this step, **or** focus on what is directly in your field of view, **or** imagine objects in the room.
- For hearing challenges: Skip this step, **or** notice objects in the room that you know make a sound.
- For sensory tactile challenges/numbness: Skip this step, **or** use the unaffected side of your body to touch objects.
- For problems with taste/smell: Skip this step, **or** sip a cool glass of water/hot tea, and notice the temperature and feel.
- Skip any step that causes pain, discomfort, or frustration.

## Quick muscle tense and release

1. Sit comfortably in a quiet space
2. Take several deep breaths
3. Tense (squeeze) and release (let go) different muscle groups.
  - Notice what relaxed feels like.
4. As you relax, say or think “relax,” “calm,” or “safe.”
5. How to tense four muscle groups:
  - **Face** – wrinkle your forehead
  - **Shoulders** – shrug shoulders to your ears
  - **Hands & arms** – clench fists and lift arms
  - **Legs & feet** – lift feet and point toes to ceiling

### **Modify this exercise:**

- If you have pain, numbness, or difficulty moving one or more of your limbs, try the exercise using only the unaffected side.
- If tensing causes pain or discomfort, simply bring your awareness to each muscle group, notice what you feel, and imagine that muscle relaxing and a sense of calm in your body.
- Skip any step that causes pain, discomfort, or frustration and ask a medical professional how to modify safely.

The Stroke Self-Management video series was produced as a collaboration among the following partners:



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