

Stroke self-management video series

Stress after Stroke

Once you have watched the video on Stress after Stroke, please check out these useful websites and resource documents.

Client & Caregiver Resources

- <https://www.heartandstroke.ca/get-healthy/reduce-stress/stress-basics>
- <https://humanstress.ca/>
- <https://myhealth.alberta.ca/health/pages/conditions.aspx?Hwid=rlxsk>
- <https://www.health.harvard.edu/staying-healthy/understanding-the-stress-response>

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>

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



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