

## Série de vidéos pour l'autogestion de l'AVC

### **Le stress après un AVC**

*Une fois que vous aurez regardé la vidéo sur le stress après un AVC, veuillez consulter ces sites web et documents de référence utiles.*

#### **Ressources pour le Client & l'Entourage**

- ▶ Cœur et AVC : Stress <https://www.coeuretavc.ca/vivez-sainement/reduire-le-stress>
- ▶ Centre d'études sur le stress humain <https://www.stresshumain.ca/>
- ▶ Magazine Mammouth <https://www.stresshumain.ca/a-propos/mammouth-magazine/>

Ressources disponibles en anglais uniquement :

- <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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