

At home

Many people who have had a stroke experience feelings of intense worry and anxiety.

If this is the case it is important to discuss this with your GP.

Additional resources

NHS Choices:

www.nhs.uk

The Stroke Association:

www.stroke.org.uk

Tel: 01752 664 553

Different Strokes:

www.differentstrokes.co.uk

This service is delivered on behalf of the NHS

Contact details

Stroke Rehabilitation Unit

Skylark Ward
Mount Gould Hospital
Mount Gould Road
Plymouth PL4 7QD

Tel: 01752 434819



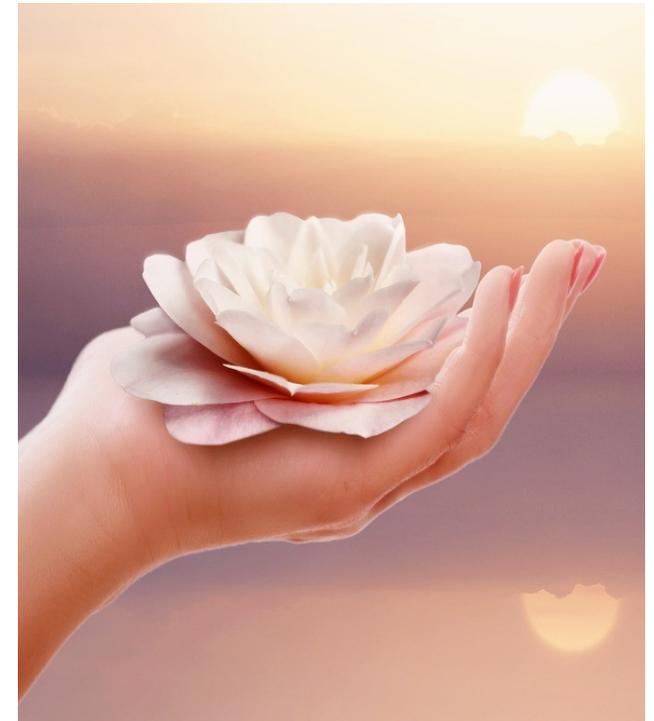
Livewell Southwest



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Worry and Anxiety After Stroke

Information and what we do here
at the Stroke Rehabilitation Unit



What is anxiety?

Feeling worried or anxious is a very common feeling after a stroke. Almost 1 in 4 people will experience intense worry or anxiety in the first year of their stroke. A stroke can bring about a lot of uncertainty, and raise many questions about what the future will be like. This would be an extremely stressful situation for anyone, and therefore feeling anxious after a stroke is a normal feeling.

All humans experience some level of anxiety and worry—this is normal. However, if your anxiety is having an impact on your life and wellbeing, then it may be that

People with anxiety often:

- Have racing thoughts going through their head
- Have difficulty sitting still and relaxing
- Experience intense panic
- Have difficulty with sleep and diet
- Experience breathlessness and racing heartbeat

What can I do to feel better?

All members of staff are here to help you. If you think of something that might help you to feel better, let us know so that we can try and help. We are also here to listen if you ever feel like talking about how you feel.

How we will try and help you:

Talk to us: Help us to understand if there is something specific that is making you anxious, and we will try to help.

Relaxation Group: Sometimes we run a relaxation group. In the group we practice exercises that help you feel calm and relaxed.

Medication: There is medication to help people who feel anxious. If you are interested in this, speak to your nurse or doctor and they will give you advice.

Clinical Psychology: Our psychologist can offer some time to talk with you to process what has happened to you. They can also offer family support.

Supporting you

Whilst you are here with us at the Stroke Rehab Unit, all staff are here to help and support you in becoming more independent after your stroke.

This includes your emotional wellbeing along with your physical health as **both are equally important.**

If, at any time, you feel you would like additional support or would like to try any of the methods previously mentioned **please let staff know** and this can be arranged.

