Emotional Changes After Stroke

Stroke can cause changes to your mood. These changes may include:

Post-Stroke Depression (PSD)

PSD is common after stroke.

- You may feel sad
- You may feel tired
- You may have difficulty concentrating
- You may eat too much or not enough
- You may lose interest

What you can do:

Call your doctor if you think you have PSD

Call 9-1-1 if you feel you might hurt yourself or others
Changes in Your Facial Expressions

Your face may not show emotion after stroke

• This may be caused by depression or brain injury

• You may experience Pseudobulbar Affect (PBA)
  
    o PBA may cause:
      ▪ Crying when you are not sad
      ▪ Laughing when nothing is funny

What you can do:

Tell people how you are feeling

With PBA – relax and try to distract yourself

Tell your doctor if you are worried about your emotions
Anxiety

Anxiety is common after stroke

- You may feel worried
- You may feel afraid
- You may have difficulty sleeping
- You may have headaches
- You may feel rapid heart beat

What you can do:

Enjoy time with loved ones

Stay active

Do things you enjoy

Plan daily activities

Make the most of rehab and therapy

Tell your doctor if you have concerns