

Feeling Tired After a Stroke



After a stroke, it is **normal** to feel tired. It takes a lot of hard work to make up for the loss of normal functions (such as using your arms or legs).

Most people start to have more energy after a few months. For some people, feeling tired may last for years.

It's important to make the most of the energy you have.



Some things that can make you feel tired after a stroke

- changes to sleeping patterns
- side effects from the medicine you take
- not getting enough exercise
- not eating healthy
- using **more effort** for everyday activities like walking, talking and getting dressed
- coping with the changes in the way you feel such as frustration, anger and sadness

Ways to increase your energy

- ✓ Talk to your doctor. Check for any medical reasons for your tiredness like changes to medicine or sleeping problems.
- ✓ Celebrate each small success in your recovery.
- ✓ Take time to rest throughout the day.
- ✓ Practice relaxing. When you learn to relax, you will use your energy more efficiently.
- ✓ Do something you enjoy each and every day. Being positive gives you more energy.
- ✓ Exercise regularly (with permission from your rehab team) once you leave the hospital.

For more information contact the Heart and Stroke Foundation at www.heartandstroke.ca or 1 888 473 4636.



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