

Your Stroke Journey: Chapter 5

As you read through the “**Your Stroke Journey**” book, you can use this guide to help you understand what each chapter is about and why it is important.

Chapter 5 – Living with Changes to Emotions, Energy, Cognition and Perception

A stroke can change how you think and feel. Knowing about these changes is the first step to managing them.

In this chapter you will:

- » Find out why you might feel different and get tired easily
- » Learn about changes to the way you think
- » Identify the people and professionals who can support you

Information received from a Stroke Navigator is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Ask a physician or qualified health care provider about questions you may have regarding a medical condition or making a lifestyle change.



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You'll find helpful resources in **Chapter 5 - Living with Changes to Emotions, Energy, Cognition and Perception**. Here are a few more that might be useful for you.

Find these resources and more online at: heartandstrokenb.ca/stroke-resources

Emotional Changes:

- » [Canadian Mental Health Association \(NB\) Website](#)
- » [Bridge the Gapp Website](#)
- » Canadian Partnership for Stroke Recovery YouTube Video
 - [Basic Steps to Self Care and Psychological Resilience](#)
- » Canadian Society for Suicide Prevention Website
 - [Chimo Helpline](#)
- » Horizon Health Network Website
 - [Mobile Crisis Unit](#)

Post-stroke Fatigue:

- » Canadian Partnership for Stroke Recovery YouTube Video
 - [Fatigue and Energy Conservation after Stroke](#)

Cognitive Problems (thinking)

- » Canadian Partnership for Stroke Recovery YouTube Videos
 - [Managing Memory Impairments after Stroke](#)
 - [Organizing, Planning, and Processing after Stroke](#)
 - [Managing Attention Impairments After Stroke](#)
 - [Managing Unilateral Spatial Neglect Post-Stroke](#)

Changes in Perception

- » [University of Michigan Health Website Stroke: Perception Changes](#)



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