



Stress Reduction and Wellness

We all have stress in our lives. Sometimes it can be difficult to manage. Stress can make it hard to be healthy. It can affect your food choices and your sleep. It is important to find ways to cope with stress when you experience it.

Focus on activities in the past that has helped you relax, such as exercise, meditation, or spending time with loved ones. Make sure that you take time for yourself and engage in activities that are helpful. Laugh more often and take deep breaths when you feel stress coming on. Share your feelings with your loved ones.

If stress is interfering with your normal activities, talk about it with your doctor.

After any health event you may find that you have some problems with your emotions or you may feel depressed. While this can be normal, it is important to speak with your doctor or Nurse Practitioner.

You may find that your sexual intimacy has changed with your partner. Be patient and resume sexual activity at a pace that is comfortable for you.

Speak with your doctor if you have concerns.

Looking for more information?
Visit www.heartandstroke.on.ca/
and search "coping with stress"

The Walk in Counselling Clinic
Visit www.walkincounselling.com



Your Medications

The stroke team or your family doctor may have started you on some new medication. It is very important to take medications properly. If you have any questions or concerns please speak with you doctor or nurse practitioner or pharmacist before stopping your medication. Here are some more tips:



Ask questions about your medications, know why they were prescribed, and what to expect.



Keep a list of your medications on you at all times.



Take your medication at the same time every day.



Report any side effects to your healthcare team so that other options can be considered.

For more information about your medications, speak with your pharmacist, nurse or doctor.

1. New Medication Name:

Reason it was prescribed

Notes

2. New Medication Name:

Reason it was prescribed

Notes

TIP: Use a Dosette/Pill Organizer or Blister Pack to help you set up a routine for taking your medications. Ask your pharmacist to find out how you can obtain them.

