

POST-STROKE FATIGUE



Post-stroke fatigue is an intense tiredness that isn't always related to how active you've been and does not improve as quickly with rest.



40 to 70% of stroke survivors report post-stroke fatigue at some point in their recovery.

WHAT DOES IT MEAN FOR YOU?

You may experience fatigue in different ways:



PHYSICAL FATIGUE

Low energy or feeling unusually tired after physical activities



COGNITIVE FATIGUE

Difficulty with memory/ concentration or feeling unusually tired after activities that require attention or multitasking



EMOTIONAL

Difficulty with emotional control (such as feeling sad, irritable or anxious) or feeling unusually tired after activities that are emotionally demanding



The cause of post-stroke fatigue is unclear, but pain, poor sleep, breathing problems, mood, and nutrition can all contribute.

WHAT YOU CAN DO



Eat a healthy diet and drink enough water



Establish good sleep habits



Talk to family and friends, ask for help



Learn to pace yourself and take regular rest breaks



Stay active



Plan important activities for when you have the most energy



Learn your triggers, the activities that bring on your fatigue



If returning to work, consider starting back part-time and increasing your hours gradually



Cognitive Behavioral Therapy, online or through a counsellor, is a helpful strategy for some individuals. For information visit Bouncebackontario.ca.



TALK TO YOUR HEALTH CARE PROVIDER ABOUT YOUR SYMPTOMS AND TREATMENT OPTIONS THAT ARE RIGHT FOR YOU