Stroke self-management video series

Basic Steps to Self-Care and Psychological Resilience

Once you have watched the video on Basic Steps to Self-Care and Psychological Resilience, please check out these useful websites and resource documents.

Client & Caregiver Resources

1. Heart & Stroke Foundation of Canada Topics:
   Emotions and feelings
   https://www.heartandstroke.ca/heart/recovery-and-support/emotions-and-feelings
   Depression
   https://www.heartandstroke.ca/stroke/recovery-and-support/emotions/depression
   Stress basics
Rehabilitation and Recovery Infographic:
https://www.heartandstroke.ca/-/media/1-stroke-best-practices/rehabilitation-nov2019/csbp-infographic-rehabilitation.ashx?rev=a2cffe27424c84b4b568d58d1b4

Transitions and Community Participation Infographic:

2. Canadian Stroke Best Practices
Post Stroke Depression
https://www.strokebestpractices.ca/recommendations/mood-cognition-and-fatigue-following-stroke/post-stroke-depression

3. Canadian Mental Health Association
https://cmha.ca/

4. American Psychological Association
https://www.apa.org/topics/resilience

Links to audio tracks:
Deep breathing:
https://myhealth.alberta.ca/Alberta/Pages/Deep-Breathing-Audio-Track.aspx
Visual resource for deep breathing:

Breathing bubble:

https://www.youtube.com/watch?v=5DqTuWve9t8

Muscle relaxation/mindfulness/body awareness:

https://myhealth.alberta.ca/Alberta/Alberta%20Images/Audio-Tracks/body-scan.mp3

https://myhealth.alberta.ca/Alberta/Alberta%20Images/Audio-Tracks/progressive-muscle-relaxation.mp3

https://www.anxietycanada.com/articles/how-to-do-progressive-muscle-relaxation/

Printable resources/documents:

Heart & Stroke Foundation of Canada: “Coping with Stress”

The Stroke Self-Management video series was produced as a collaboration among the following partners:

CALGARY STROKE PROGRAM

Alberta Health Services

HEART & STROKE FOUNDATION
Canadian Partnership for Stroke Recovery

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