Stroke self-management video series

Stress after Stroke

Once you have watched the video on Stress after Stroke, please check out these useful websites and resource documents.

Client & Caregiver Resources

- [https://humanstress.ca/](https://humanstress.ca/)

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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