

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

<https://www.heartandstroke.ca/get-healthy/reduce-stress/stress-basics>

Rehabilitation and Recovery Infographic:

<https://www.heartandstroke.ca/-/media/1-stroke-best-practices/rehabilitation-nov2019/csbp-infographic-rehabilitation.ashx?rev=a2cff1fb27424c84bbd44b568d58d1b4>

Transitions and Community Participation Infographic:

<https://www.heartandstroke.ca/-/media/1-stroke-best-practices/transition-of-care-nov2019/csbp-infographic-transitions-and-participation.ashx?rev=595e990a17e14232aa3b1c731d983ce3>

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>

<https://www.anxietycanada.com/articles/calm-breathing-audio/>

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”

<https://www.heartandstroke.ca/-/media/pdf-files/canada/other/coping-with-stress-en.ashx>

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



™The heart and / Icon on its own and the heart and / Icon followed by another icon or words are trademarks of the Heart and Stroke Foundation of Canada used under license.