

Feeling Tired After A Stroke

After a stroke, almost everyone feels tired. This feeling can be overwhelming. It is not something that you can fight through. Most often, you will need more rest during the day. For most people, the feeling goes away after a few months.

You may have less energy than before. Your stroke and its effects can alter your sleeping habits, eating habits, and your activity level. There can also be side effects of your medicines that may decrease your energy.

You may have as much energy as before, but it is being used in a different way. Due to your stroke, many things like dressing, talking, or walking take a lot more effort. Changes in thinking and memory take effort. This takes energy.

You may notice emotional changes. Coping with frustration, anxiety, anger, and sadness can be draining. Depressed feelings are common after a stroke. Loss of energy, interest, or enthusiasm occurs with a depressed mood. After a stroke, many people have depression which can be treated. Talk to your doctor if you believe you are depressed or if your fatigue continues past three months.

How to Increase Your Energy

- Tell your doctor how you feel. Make sure you have had a recent physical. Other reasons for feeling tired should be ruled out. Your doctor can check to see if your fatigue could be a side effect of your medicines.
- Look at your progress, not at what's left to be done. Celebrate your successes!
- Try naps or schedule rest times throughout the day. Rest as long as you need, to feel refreshed.
- Learn to relax. Sometimes the harder you try to do something, the harder it is to do. You become tense, anxious, and frustrated. All this takes more energy. If you can relax, you will waste less energy.
- Each day do something you enjoy. A positive outlook and having other good things going on helps to boost energy levels.