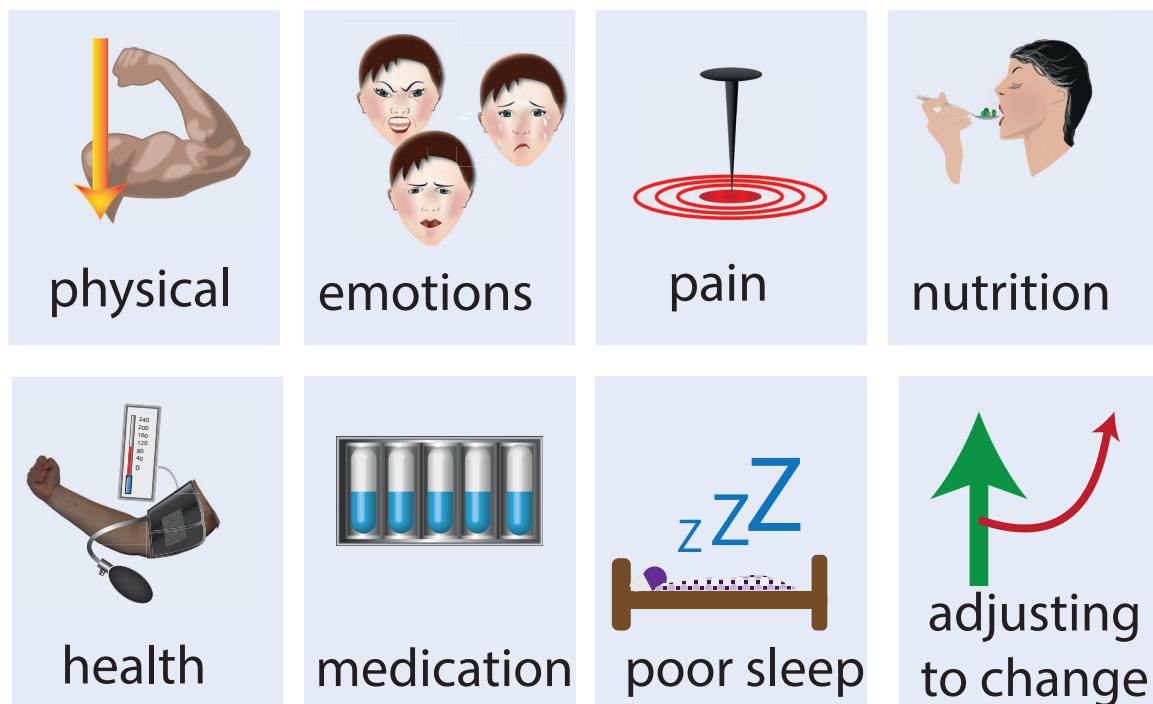




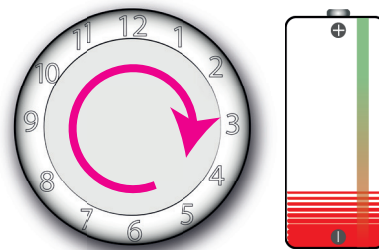
Post stroke fatigue

Many people feel **tired** after stroke.

It is **caused** by the **challenges** of managing the effects of **stroke**



Post stroke fatigue **isn't like normal tiredness**.
It often **doesn't go away** with rest.



It's important to **speak** to your **doctor**
and your family/friends about fatigue





Managing post stroke fatigue



give yourself
time



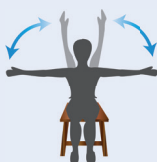
pace yourself



be realistic



know your own
limits



take gentle
exercise



eat
healthily



talk to friends
and family



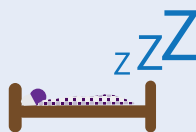
ask for
professional help/
counselling



find
peer support



relaxation or
meditation



keep good
sleep habits



rest when you
need to



Keep a diary

A diary helps you reflect on what you can achieve in a day, what you have achieved and helps you look back at how far you have come.