

Understanding Emotional Changes after Stroke

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Emotional changes after stroke are triggered by two factors: changes in your brain and a radically new lifestyle.

Because the onset of these new emotions can come rapidly, you might feel confused or overwhelmed by them. And that's okay. We're going to discuss how to navigate through these emotional changes so that you can feel more at ease.

Let's start with an emotional change that start in the brain:

Emotional Lability – Communication Is Key

*Do you have uncontrollable mood swings? Laughing one minute and crying the next? These symptoms describe a condition called *emotional lability* (or emotionalism), a condition that can happen after neurological injury.*

When the areas of the brain responsible for emotions are damaged by stroke, it can impair your emotional control. Sometimes this condition goes away on its own.

Other times you need to utilize tactics like these to cope with it:

- Explain to family and friends *why* you have emotional outbursts
- Don't let people ignore your outbursts *unless that's what you want*
- Have someone distract you if you're in a situation where outbursts are inappropriate

It helps if you can sit down and decide how you would like to be treated, and then communicate your wants to loved ones around you. *Everyone wants to help, you just have to let them know how.*

Post Stroke Depression – It *Can* Be Treated

Post stroke depression affects one third of all stroke survivors. So if you feel like you suffer from post stroke depression – you're not alone. Some symptoms of post stroke depression are:

- Feelings of hopelessness
- Frequent crying episodes
- Increased agitation

These symptoms can hinder your stroke recovery and make you feel lousy – so properly treating post stroke depression (2/10/2016) is essential.

Anger – Getting Out by Getting Through It

Anger is another common post stroke symptom (11/3/2015).

Anger is often triggered by grief, post stroke depression, or brain damage. Other times anger is triggered by frustration with the effects of your stroke, like being unable to dress yourself or being tired all the time.

You can do something about these triggers.

Here are some articles that can help:

- 5 Ways to Cope with Fatigue after Stroke (12/17/2015)
- How to Deal with Frustration during Rehab (8/9/2015)
- Understanding the 5 Stages of Grief after Stroke (11/5/2015)