

Resources to Manage Fatigue After Stroke

- **Mindfulness-Based Stress Reduction (MBSR)**

MBSR is an evidence-based program that helps you learn to calm your mind and body to help you cope with illness, pain, and stress. Dr. Jacqueline Foley recommends MBSR to stroke survivors who are experiencing fatigue after stroke, and it could be a way to build up some more energy.

Research has shown that MBSR can reduce stress and help people relax and shows that MBSR helped people sleep better and feel less anxious, and it helped ease depression symptoms. Taking part in MBSR has been linked to positive changes in the areas of the brain that affect how you pay attention, how you feel, and how you think.

For more information about programs in your community in British Columbia, go to [HealthLinkBC](https://www.healthlinkbc.ca/health-topics/abl0293): <https://www.healthlinkbc.ca/health-topics/abl0293> or call: 811.

- **Bounce Back**

BounceBack® is a free skill-building program which helps people learn to stop unhelpful thinking, manage worry and anxiety, low mood, mild to moderate depression, and become more active and assertive.

The approach is based on **cognitive behavioural therapy (CBT)**, which focuses on changing behaviors and developing personal coping strategies.

It can be a helpful tool to manage your fatigue and build up more energy.

The program is delivered online, or over the phone with a coach. They provide tools that will support you on your path to mental wellness. Most tools are available in English, French, Mandarin, Cantonese, and Punjabi, and some in Farsi.

For more information, and to register and get started, go to [this link](https://bouncebackbc.ca/): <https://bouncebackbc.ca/>

- **Physical exercise**

Although it may seem counterintuitive, physical activity has been proven to improve fatigue. Regular exercise improves your body's ability to use oxygen efficiently, increases overall energy and has a positive effect on your sleep, cognition, and mood. Since improved sleep and cognition help fatigue after stroke, physical activity provides multiple benefits. Physical activity can be successfully combined with outdoor time.

Here are some resources for physical exercise:

- **Chair Exercises**

Led by a certified fitness instructor and offered by the SRABC, Chair Exercises is a free virtual program that occurs twice a week for those recovering from a stroke who would like to improve mobility and overall physical fitness. There are also pre-recorded videos available on-demand for your convenience. Chair Exercises is a fitness class that is accessible to most as it is completed while seated and adaptable for all abilities. Attending once or twice a week would be a great addition to weekly physical activity and as Dr. Foley explores, can improve energy levels, sleep, cognition, and mood.



STROKE RECOVERY ASSOCIATION OF BRITISH COLUMBIA
AN AFFILIATE OF AFTER STROKE, A PROGRAM OF MARCH OF DIMES CANADA



Click on [this link](#) for online registration, or surf to:

https://docs.google.com/forms/d/e/1FAIpQLSd4uHRe8NiMbPYWjVmGiTlcI1H_nr7Pqz1gP_r-CxZd17GmHA/viewform

- **Exercise & Wellness Videos for People with Mobility Challenges by the University Health Network**

It is important to stay active at home during the current circumstances, especially to those recovering from a stroke. The University Health Network has posted a series of fitness videos created by physiotherapists and occupational therapists targeting those who have mobility challenges. The videos are best suited to those who have difficulty walking or are supported by a cane or walker while moving. The videos range from gentle movement, targeted exercise for an affected side of the body, mindfulness and relaxation to balance or strength activities. These videos work well for those building strength and energy or simply staying physically active. Mindfulness and relaxation are noted by Dr. Foley to lessen stress and improve overall mood.

For more information, visit: <https://strokerecoverybc.ca/wp-content/uploads/TIME-Exercise-Wellness-Videos-for-People-with-Mobility-Challenges.pdf>