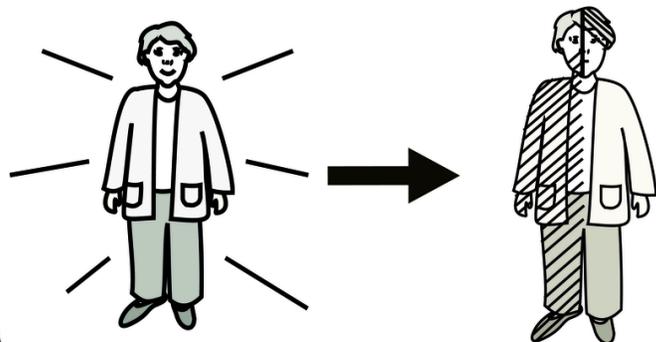


# Dealing with Anxiety





Your stroke was a very **stressful** event.

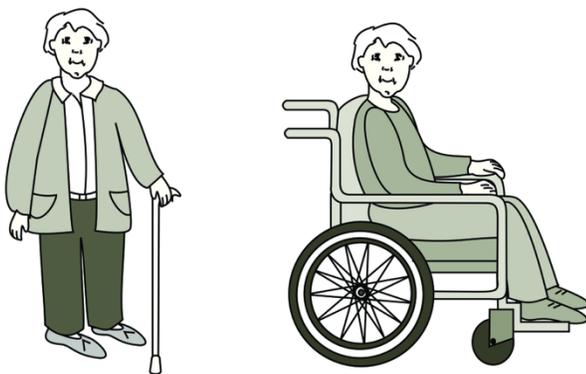


The stroke may have **changed** many parts of your life.

These changes could include:



Changes in your **memory.**



Changes in your **mobility.**

These changes could include:



Inability to return to **work.**



Inability to manage **money.**

These changes could include:



Difficulty  
**swallowing** food  
and water.

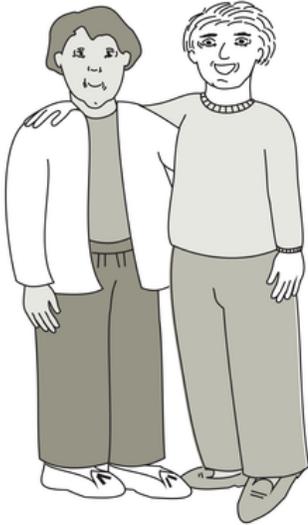


These changes could  
cause you to **worry**.

You may have **anxiety**  
if you **worry** most of the time.



If you feel this way, there are many things  
**you can do** for anxiety.



**Talk** to a family  
member or friend.



Discuss it with your  
**speech-language  
pathologist or doctor.**



The **doctor** may give you **medicine** to help.



Consider seeing a **qualified counselor**.



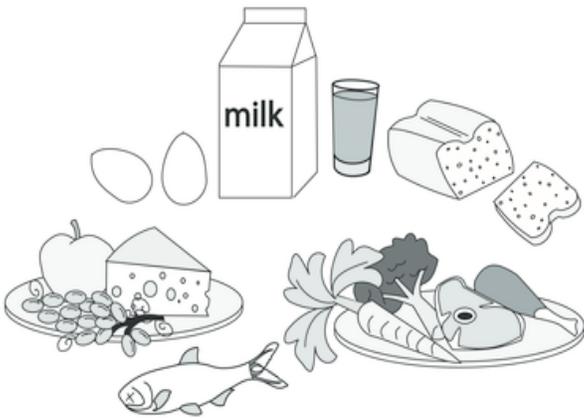
Remain **socially active.**



Participate in a **support group.**



Stay **active**.



Eat a **healthy diet**.

If you begin to feel anxious you can,



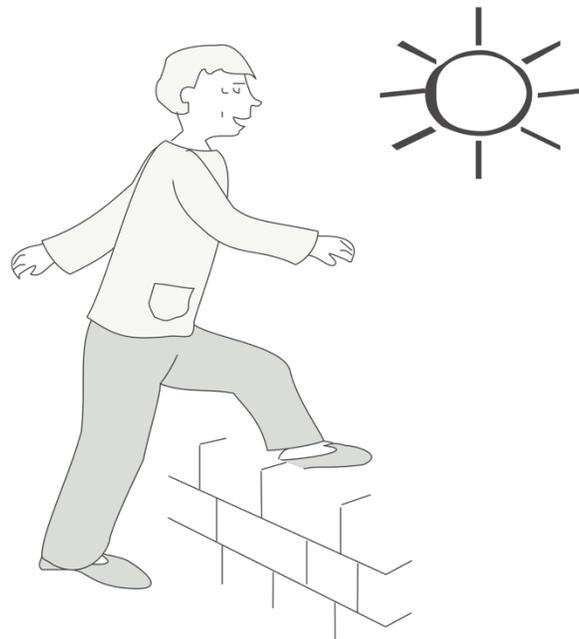
Take a break and **relax.**



Do something you **enjoy.**



You can still have a full and **happy life!**



A B C D E F G  
H I J K L M N  
O P Q R S T U  
V W X Y Z

Is it a:

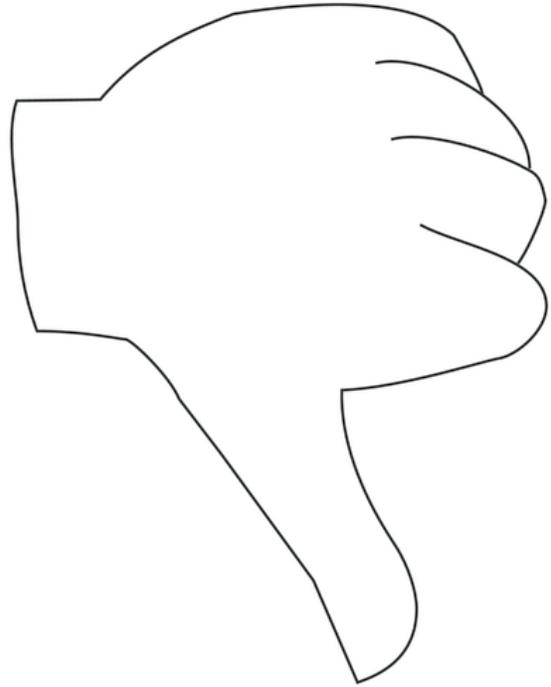
\_\_\_\_\_ short word?

\_\_\_\_\_ medium word?

\_\_\_\_\_ long word?



**Yes**



**No**