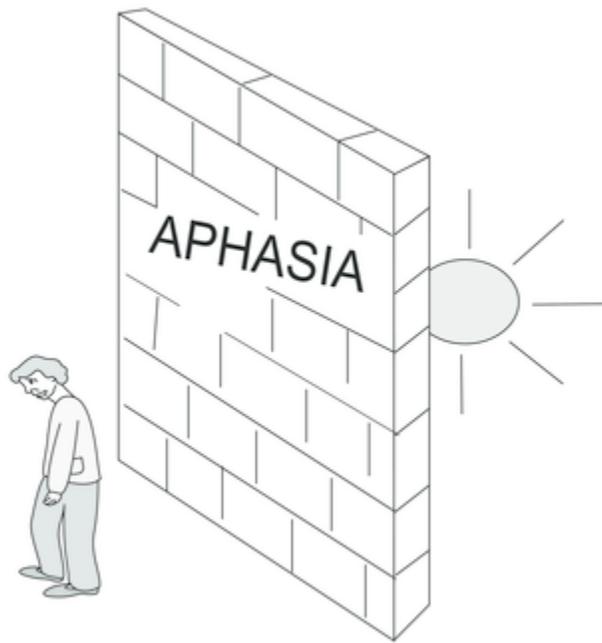


Dealing with Depression



Since your stroke, you may **feel different** than before.



You may feel **frustrated**.



You may feel **helpless**.

You may feel **frustrated** or **helpless** because of

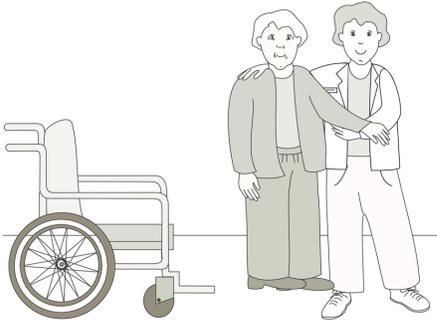


Difficulty **expressing** yourself.



Difficulty **understanding** others.

You may feel **frustrated** or **helpless**



because you must **rely**
on **others**.



because of **changes** in
your **body**.

Feeling frustrated and helpless could lead to
depression.

Symptoms of depression include



Persistent **sadness**.



Difficulty **sleeping**.

Symptoms of depression include

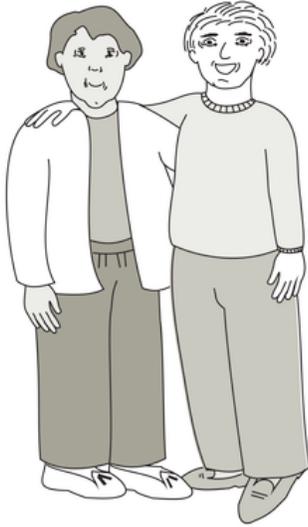


Anxious feelings.



Changes in appetite.

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



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



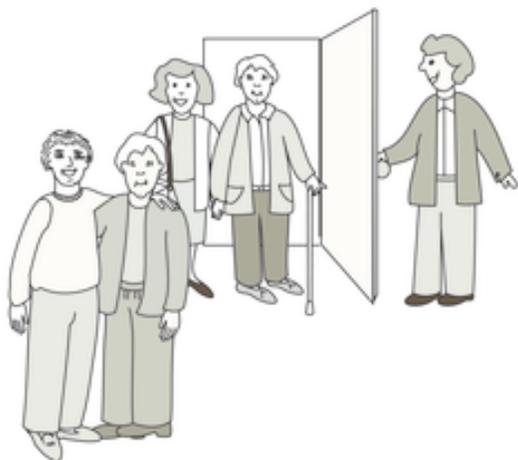
Discuss it with your **speech-language pathologist** or **doctor.**



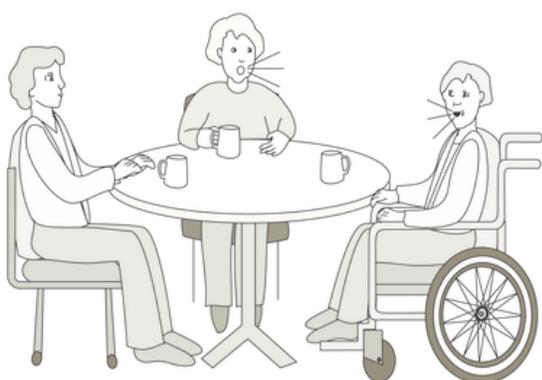
The **doctor** may give you **medicine** to help.



Consider seeing a **qualified counselor**.



Remain social.



Participate in a support group.

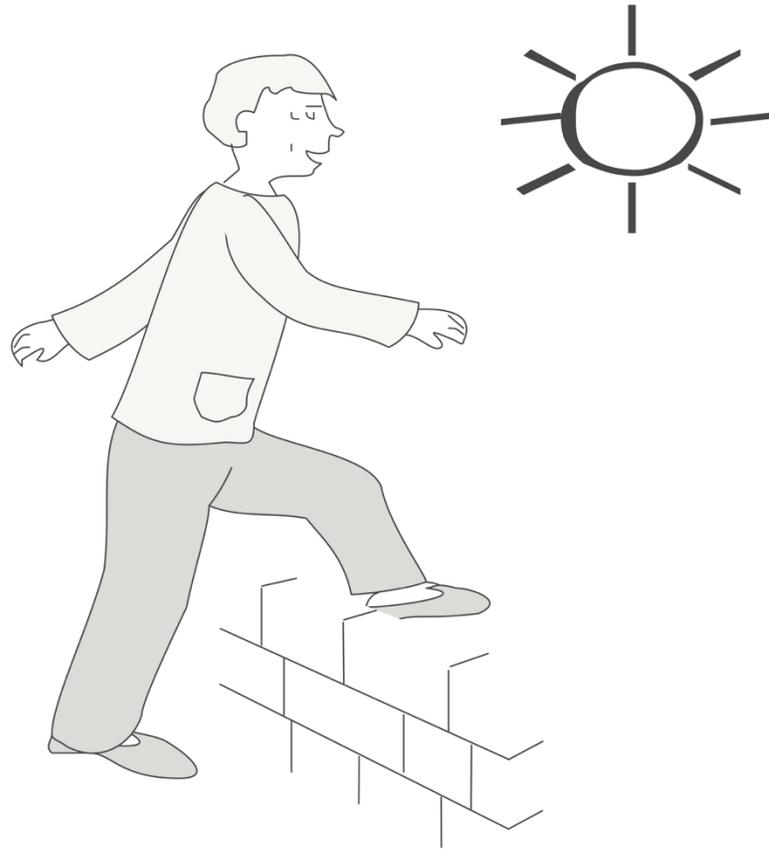


Remain **active**,



and eat a **healthy diet**.

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:

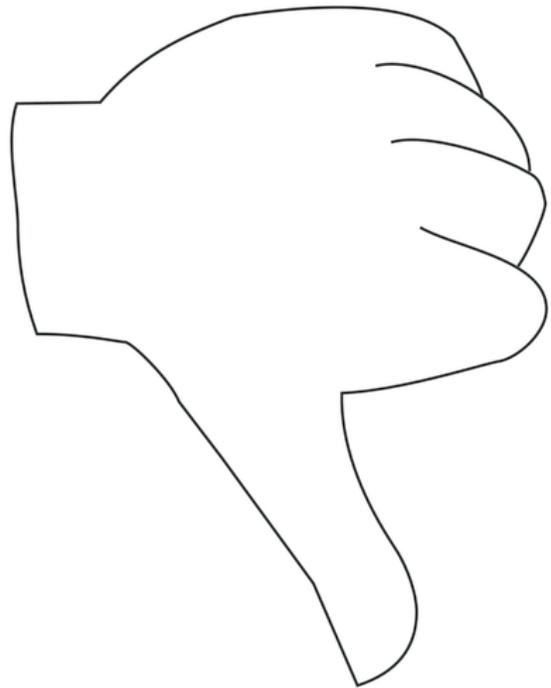
_____ short word?

_____ medium word?

_____ long word?



Yes



No