

# MY EMOTIONAL AND MENTAL HEALTH

Experiencing a stroke or TIA can be emotional and stressful. In this section you will learn about simple wellness tips that you can practice daily. Just like exercise benefits your health, it is important to include small daily habits that support your mental well being such as meditation or giving yourself credit and encouragement. Choosing healthy ways to respond to stress can have a positive impact on your attitude and quality of life.

**Journaling is a valuable wellness tool for many people. My notes about my experience or how I'm feeling.**

## STRATEGIES FOR MENTAL HEALTH AND WELLNESS



Try to engage in exercise and activities that you enjoy.



Eat well, limit alcohol.



Find a positive social and/or peer support network.



Discuss changes to your emotions and mood with your health care providers.



Be open and honest with loved ones about your feelings and talk about your emotions.



Learn relaxation skills; practice deep breathing, mindfulness, meditation, visualization.



**Remember, depression is a treatable medical condition.**



Treatment can include connecting with a mental health professional, and/or taking medication.

# MY WELLNESS TOOLS

Choose a tool that works for you and try practicing it for 10 minutes a day.

Two examples are included below. Pick one of these, or any other strategy that works for you. If you don't know where to begin, start with breathing exercises such as box breathing.

## BREATHING EXERCISES (BOX BREATHING)

Try this breathing exercise during your daily routines such as while you wait for your coffee to brew or during a break at work.



<b>1</b> Inhale for 4 seconds	<b>2</b> Hold for 4 seconds	<b>3</b> Exhale for 4 seconds	<b>4</b> Hold for 4 seconds	<b>5</b> Repeat
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## GRATITUDE JOURNALING

Each day, write down three things you are grateful for. Build this practice into your wake-up or evening wind-down routine. Start with five minutes.

There is space below to write or draw about: Things I am grateful for, my emotions or my feelings.

**5 MINUTE JOURNALING:**

**DRAW YOUR EMOTIONS**