



A FAMILY RESOURCE • 03

Caring for the Mind

*Understanding emotions after stroke
— for patients and their families*

KADJI HOSPITAL

Residential Stroke Rehabilitation • Vadodara, Gujarat



1 What You May Feel

A stroke changes the body and the brain. Feelings of sadness, fear, anger or sudden tears are common — for both the patient and the family. These emotions are part of healing, not a sign of weakness.

Sadness

Waves of low mood,
tearfulness

Anxiety

Worry about the future,
sleep

Frustration

Anger at slow progress

Withdrawal

Loss of interest in activity

Emotional Swings

Laughing or crying easily

Fatigue

Deep tiredness beyond
sleep



2 Small Daily Practices



Morning Light

Sit near a window for 10 minutes. Sunlight steadies the mood.



Slow Breathing

In through nose for 4, out for 6. Five rounds, twice a day.



One Task a Day

Fold clothes, water a plant. Small wins rebuild confidence.



Talk & Listen

Ten minutes of family conversation — no phones, no advice.



Gentle Movement

Assisted walking or bed exercises — as therapist advised.



Restful Sleep

Same bedtime, dim lights after sunset, no screens in bed.



3 For the Family — And When to Seek Help

◆ Caring for the Carer

- You cannot pour from an empty cup — rest is not selfish, it is medicine.
- Share the load. Rotate care with siblings, neighbours or a trained attendant.
- Keep one hobby alive — a walk, a book, a call with a friend.
- Celebrate tiny milestones — a spoon lifted, a step taken, a smile returned.
- Speak your own worries to someone you trust — carrying them silently is heavy.

◆ When to Seek Professional Help

- Persistent sadness or hopelessness for more than 2 weeks.
- Any mention of self-harm or wanting to give up — act immediately.
- Refusing food, medicine, or therapy sessions.
- Severe anxiety, panic, or inability to sleep for many nights.
- Sudden confusion, new memory loss, or behavioural change.

Talk to Kadji's rehab team — we are here.

Call +91 94038 90406 • Vadodara, Gujarat • Warm Care, Expert Rehab