



Stroke, Stress, Psychology

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LATITUDE
Psychology

Where are you on the line (continuum)?





Stress!



**How do you know that
you're stressed?**



Pacing

Seek
intimacy

High blood pressure (bp)

Eating less

Drink
Alcohol

Not motivated
to do things

Struggling to
sleep

Sleep longer
than normal

Suspicious

Biting
fingernails

Having chest
pains

Stomach
pain

Pray

Raising my
voice

Eating too
much

am I stressed?

Finding it
harder to
focus/
concentrate

Exercise

Play video
games

Little energy

Isolating
yourself more
than usual

Become easily
annoyed

Punching
things

Feeling on
edge

Having
headaches

Slamming
doors

'Racing
thoughts'

No longer
doing
things that
I enjoy

Sleeping too
much

Listen to
music

Muscles are
tense

Sweating
more often

Finding ways
to hurt myself/
cause pain

Pay Attention!

Things that are often missed...

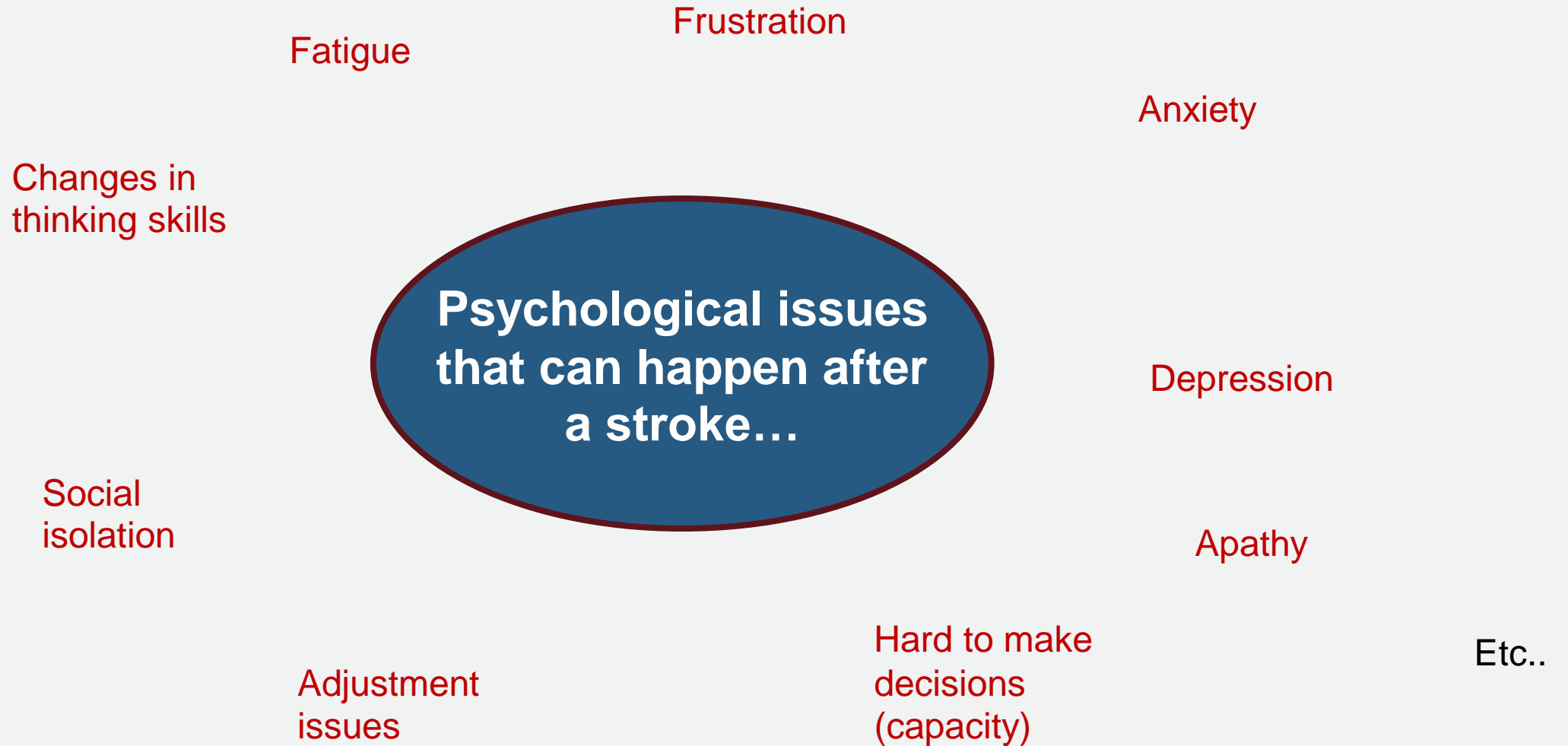
- “No longer doing things that I enjoy”
- “Isolating yourself more than usual”
- “Not motivated”

- If you or a loved one has noticed a few of the issues described earlier, with little change...
- If you are noticing that the issues described are getting in the way of your goals and rehab...

please consider psychological support.

Where are you on the line (continuum)?





Seeing a psychologist...



- Knowledge sharing
- Identify **person-centred** meaningful goals
- Assessment of cognitive ability (thinking skills)
- Psychological therapy
- Working alongside other therapies (e.g. SLT, physio, OT, etc)

Empowering the network

- Carer's Centre
- TCAN
- Local services (e.g. Stroke association, Samaritans)
- Faith, interest groups, etc



Questions?