

Fatigue After Stroke

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Looking for ways to help make neurological fatigue better after stroke?

Are you always feeling fatigue after stroke? Do you want to know how to stop post stroke fatigue? Neurological fatigue after stroke is very common. It has got to do with the extra energy the brain needs, to do all it's usual tasks, while trying to learn new tasks and rewire areas that may have been traumatized as a result of the lack of oxygen during the stroke.

The thing is though, neurological fatigue is not only caused by a brain injury. And if you are like me you may have an additional underlying cause that has not been diagnosed yet which is making the fatigue worse.

At just \$9 USD this 57 minute presentation will give you a few tools that you can use right now that may help make fatigue better.

Highlights:

- Introduction
- What fatigue feels like.
- Which foods make fatigue worse?
- What's the point of sleeping?
- Your fatigue may have a different cause.
- What your general practitioner can do for you.

Looking for more courses?

Visit our courses page for specifically designed courses that are made by a stroke survivor for stroke survivors.

Listen to the RecoveryAfterStroke Podcast

Launched by stroke survivor Bill Gasiamis in 2015, the RecoveryAfterStroke podcast interviews, stroke survivors, their carers and professionals from all around the world, and puts you in touch with a community of people...

- that are just like you
- understand you
- have previously been where you are now and
- are continuing to recover and overcome the challenges stroke creates.

These interviews are sure to make you feel like you are not alone and that recovery is possible.

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