

Instructions:

- 1) **Print your PBA card.**
- 2) **Cut out the card.** Use scissors to carefully cut around the edges.
- 3) **Fold the card in half.** Just above where the card says "Strategies to regain control during a PBA episode," fold the card to make it fit in your wallet.
- 4) **Put the PBA card in your wallet** or with another item you regularly carry with you.

I have pseudobulbar affect (PBA).

PBA is a neurological condition and a result of my stroke.

It means that I may lose control of my emotions suddenly and involuntarily. These episodes often don't match the situation in which they occur and generally don't reflect the way I am feeling.

Episodes may present themselves as:

- **Laughing**
- **Crying**
- **Anger**
- **Or all emotions at once**

Strategies to regain control during a PBA episode:

- Let others know you have PBA to avoid confusion during episodes.
- Use distraction techniques, such as counting objects in the room.
- Relax tense muscles.
- Take slow, deep breaths to regain control.
- Change your body position or adjust your posture.
- Talk to your health care team about treatment.



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