

Less Stress Means a Healthier Heart

Stress can make the heart work harder. And that can make symptoms worse. You can have a healthier heart when you make changes to keep stress under control.



Here are some good ways to stay relaxed



- Try to accept things you can't change. You don't have to solve all of life's problems
- Limit alcohol, and don't smoke. These make stress worse
- Try to come up with good solutions to problems. Ask for help when you need it
- Look for the good in situations instead of the bad. Be positive
- Exercise regularly—walk, swim, bike, or do another activity you enjoy
- Try to avoid people and situations that might upset you
- Set clear limits and learn to say no. Don't promise too much. Give yourself enough time to get things done
- Take 15 to 20 minutes a day to sit quietly. Breathe deeply. And think of a peaceful picture or listen to soothing music



