

♥ HEALTHY HEARTS ♥

Issue No. 3

Question of the week!

How can we handle stress?

Stress cannot be avoided, and we need a certain amount of stress to function however long periods of high stress and anxiety has a negative effect on the body, and in turn your heart.

Part of handling stress is recognising that we are stressed, what is causing it and what is in our own control to reduce the negative effects that it is having on us.

There are many resources available to you if you need to reach out and seek help. A list of current local resources is attached, including some free or low cost options. If you need more help with your search then get in touch with Julie or Mark.

Goal Setting:

One way to minimise the effects of stress is to break things down into smaller problems, focus on one or two of them, and come up with a plan of what you will do about it. Your plan of action needs to be SMART:

Specific

Measureable

Achievable

Realistic

Timely

See attachment #2 on Goal Setting

Do you have questions or specific needs from your Cardiac Rehab team?

Please email or call your Case Manager

hhcardiacrehab@providencehealth.bc.ca / 604 806 6810

LIVE & VIDEO EXERCISE CLASSES!

- ✓ Currently 6 classes: Mondays, Wednesdays and Thursdays
- ✓ Schedule and ID/Passwords sent out the week before
- ✓ All classes supervised by a **Clinical Exercise Physiologist** to ensure safe and correct technique.
- ✓ Our **Exercise Leaders** demonstrate a safe warm up and stretching at the beginning and end of each session.
- ✓ All classes monitored by a **Cardiac RN** in case you experience any cardiac symptoms while at the ZOOM class.
- ✓ PLEASE NOTE these are not cardio sessions but help you with core strength and balance.

See you there!

Your Cardiac Rehab Exercise Team

Nutrition Tidbits



What about Fat?

- ♥ Do I need to eat fat?
- ♥ Which fats raise blood cholesterol levels?
- ♥ Which fats lower blood cholesterol levels?
- ♥ What about fish?
- ♥ How much cholesterol can I eat?

Find the answers to these important questions in our handout

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CARDIOLOGIST COLUMN

Fight stress with healthy habits during COVID-19 Pandemic:

Develop a schedule: Decide when to wake up, work, exercise, eat and play. Regaining a sense of control will minimize distress. Many people find comfort in routines. Setting a schedule with other family members ensures individual needs are met.

Snooze more: Try to get seven to nine hours of sleep each night. To fight insomnia, add mindfulness and activity.

Let worry go: Avoid keeping the television or radio news on while working. An overload of information about the coronavirus and the disease it causes, COVID-19, can lead to more STRESS.

Eat healthy: focus on nutritious eating with plenty of fruits and vegetables and lean protein.

Get connected: avoid social isolation: If you live alone and feel marooned, connect with others through social media, group chat, video calls or an old-fashioned phone call. Good conversation with friends and family can keep spirits up, look for online games to play with friends across the country.

Practice giving back: Volunteer your time or spend time helping out a friend. Helping others helps you.

Be active every day: Exercise can relieve mental and physical tension. While practicing social distancing, try to exercise in your neighbourhood or local park by taking a brisk walk or bike ride.

Give up bad habits: Too much alcohol, tobacco, or caffeine can increase blood pressure. Cut back or quit to decrease anxiety.

Focus on positive aspects: This interruption in our normal lives may be an opportunity to build deeper bonds with others, including our family and friends.

References : Canadian Cardiovascular Society, American Cardiovascular Society



SMART for the Heart Stress Management & Relaxation Training Workshop

This interactive workshop is designed to help you:

- Learn how to recognize signs and symptoms of stress.
- Learn how to manage tension in your body by practicing various relaxation techniques.
- Learn how to better manage your stress by building your time management, assertive communication, and problem solving skills.
- Have an opportunity to meet and talk with other heart patients who are going through a similar time in their lives.

Length of course: 4 sessions

When: Tuesdays 2:00pm-3:00pm

Where: Virtual sessions via Zoom

Who: Healthy Heart patients

If you are interested send an email to
Wenli Liu, Occupational Therapist
wliu2@providencehealth.bc.ca

Canadian Astronaut Chris Hadfield gives some down-to-earth tips to surviving self-isolation during the COVID-19 pandemic:

<https://www.youtube.com/watch?v=fmhRTDKYpHc>