

# ♥ HEALTHY HEARTS ♥

Issue No. 9

## 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 your 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. Check out this link to ask for online support: [free online cognitive behavior therapy](#)

A full list of current local resources is attached, including some free or low cost options. If you need more help with your search then please get in touch with us

We offer a Stress Management & Relaxation workshop to all Healthy Heart patients. This course teaches you some great tools to practice to help you manage YOUR stress.

### 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

# ZOOM

## EXERCISE CLASSES

Learn how to safely warm up and cool down!

Gain core strength!

Look out for the class invites in your email inbox!

We look forward to “seeing” you!

Canadian Astronaut Chris Hadfield gives some down-to-earth tips to surviving self-isolation:

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



## STRESS MANAGEMENT COURSE

4 week course  
Max 8 participants  
Tuesdays @1pm-3pm  
Via ZOOM

Available to Healthy Heart patients  
Contact us for more information

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## CARDIOLOGIST COLUMN

**"Take the pressure off and reduce your stress"**

There is no single right way to cope with stress, but the first line of defense is to identify your stressors and try to remove them from your life. When this is not possible, you need a strategy to help you cope.

**There are three basic types of coping skills:**

### **Physical/ Behavioral coping skills**

These are skills that involve taking care of yourself and staying as healthy as possible:

- taking a brisk walk or riding a bike
- doing yoga
- stretching and relaxation exercises
- eating a healthy diet
- giving up bad habits like drinking too much alcohol, caffeine or smoking
- getting enough rest

### **Thinking/ Mental coping skills**

These skills involve using your thoughts and mind to counteract negative effects of stress.

- using problem solving skills
- making sure you are grounded in facts not fear
- meditation

### **Personal/Social coping skills**

Taking the time for things that give you pleasure and nurture your spirit, is an important coping tool:

- Spend quality time with your friends and family;
- Explore your spirituality
- Practice giving back
- Develop your hobbies and personal interests
- Enjoy outings in nature,
- Take a break from your normal routine, but only if it doesn't cause you stress

## Nutrition Tidbits



### Summer BBQ's and Potlucks

#### How to Boost Fibre

- ♥ Make a Greek Salad with low fat feta cheese
- ♥ Try tabbouleh salad or add quinoa to your favourite mixed greens
- ♥ Grill veggies on the BBQ or make veggie kebabs.

Try the [Herb Potato Salad Recipe](#) that is made with lots of colourful vegetables but no mayonnaise. [\(attached\)](#)

#### Lower Sugar

- ♥ Enjoy fresh lemon added to club soda
- ♥ Make your own flavoured water by adding strawberries or cucumber and cool a few hours prior to serving
- ♥ Choose desserts that include fruits, such as mixed berries with low-fat vanilla yogurt as a dip; make a fruit crisp instead of pie.

#### Lower Saturated Fat

- ♥ Grill fish instead of steak or ribs
- ♥ Make skewers with lean meats, chicken and fish, and have 3 pieces of veggies for every piece of meat.
- ♥ Try a veggie, fish or chicken burger or a veggie dog in place of beef burgers. Turkey sausages would be a healthier choice too.

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

Please email or call your Case Manager

[hhpcardiarehab@providencehealth.bc.ca](mailto:hhpcardiarehab@providencehealth.bc.ca)

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