

♥ 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
- Measurable
- Achievable
- Realistic
- Timely



See attachment

ZOOM!

EXERCISE CLASSES

Schedule sent out the week before!

Look out for the invites in your email inbox!

We look forward to “seeing” you!

THE EFFECT OF EXERCISE ON PSYCHOLOGICAL WELLBEING



STRESS MANAGEMENT & RELAXATION WORKSHOP

4 week course
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



New Year, New You!

A Good Start

- ♥ The holiday season is over, time to get back to your regular routine!
- ♥ Fill your fridge and pantry with fresh, heart healthy foods
- ♥ In the morning, choose a breakfast cereal that contains at least 5g of fibre per serving or whole grain bread with 3g of fibre per slice

Enjoy

- ♥ Pack a lunch with your favourite fruits & vegetables
- ♥ Enjoy fish twice every week
- ♥ Make water flavourful with lemon or lime wedges
- ♥ Fill half of your dinner plate with veggies.

Remember

- ♥ Do not skip meals- eat slowly and have small snacks in-between.
- ♥ Fill half of your plate with veggies at dinner
- ♥ Keep your home free of unhealthy foods- fill the fridge and pantry with fresh heart healthy foods

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

Please email or call your Case Manager

hhpcardiarehab@providencehealth.bc.ca

604 806 6810