

STRESS AND YOUR HEART

Reduce Stress: Stress is the body's response to external conditions that upset a person. The changes that occur in the body are referred to as the flight or fight response, which is the body's attempt to deal with a perceived danger. This response can reduce blood flow to the heart. Reducing stress will lead to a healthier heart and a happier you.

Teach yourself to relax by:

- Meditating
- Imagining peaceful scenes
- Listening to relaxing music

Stay active:

- Take a long walk or a hot bubble bath
- Get serious about your spiritual life
- Avoid the use of tranquilizers, alcohol or sleeping pills
- Make plans to go out with a friend

Your emotional health is important!

NOTES: