



care for you

HEART FAILURE PROGRAM



The background features a series of overlapping, curved bands in shades of blue and yellow, creating a sense of movement and depth, reminiscent of waves or a stylized sun. The blue bands are on the left and bottom, while the yellow bands are on the right and top.

managing emotions

Learning to ride the waves

module 7

WELCOME

Learning you or a loved one has a serious illness is overwhelming at best, devastating at worst. The first thing most of us do when we get home from the appointment that changed our lives is search the internet. We quickly see there is a mountain of valuable resources. One click leads you to hundreds more. Many of us find we've done a lot of clicking, but not a lot of learning.

To organize and clarify “need to know” heart failure information, Independent Health’s Care For You, Heart Failure Program nurses have created this module program using the Healthwise resource library accessible to everyone on the IHA website.

The nurse guiding you through the module will be able to answer questions in real time. That means less writing it down now to ask later. Resources you think may be helpful from other sources can also be reviewed.

Understanding your disease will decrease stress and give you confidence in managing it with your healthcare team.

Thank you for letting us be a part of your team.

WHY WE ARE HERE

Our goal is to:

- Help you understand what is happening with your health.
- Receive information when you are ready to.
- Become confident in what you know about your disease so you can guide your care in a way that is true to who you are.
- Know you are not alone.

how emotions impact heart health

You have probably experienced many different emotions since learning of your heart failure diagnosis. Most heart patients do.

Your care team may not have told you that your emotional well-being is just as important as your physical well-being, but it is.

Left unchecked, your emotions can affect your heart health.



what to do

Fear

It's normal to be scared when you get a heart failure diagnosis. There are so many unknowns. It is overwhelming and you lose a sense of control over your life.

Asking questions and getting clear explanations will ease fear.

Talk to others about your fears. Just as you've eased others' fears at times, yours can be eased as well.

Let your doctor know if fear is not easing up.

Anxiety

If you're feeling tense, nervous, irritable, can't sleep-that's anxiety.

Anxiety can cause a panic attack. Symptoms are shortness of breath, irregular heartbeat, chest pain, sweating...sound familiar?

Anxiety that is not addressed is exhausting and hard on your heart.

Self-care and talking to others, including your doctor will help.

Self-medicating, drinking & sleeping pills can be dangerous with your heart medicines.

what to do

Depression

Depression can increase your risk of cardiac events and slow recovery.

You may have depression if over the past 2 weeks you've

-had little interest or pleasure in doing things?

-felt down, depressed, hopeless.

TALK to your doctor. Depression is a common condition. Counseling or medicine or combination can help.

Self-care including exercise helps release endorphins that make you feel better.

Loneliness

It can be isolating when you are not feeling well, in recovery, or unsure how much you should do.

Think about why you feel lonely. Make a list. Then think of ways to take control of it.

Often, people are waiting for you to contact them first. Especially if you have not been feeling well.

Access community resources.

Talk to others about feelings of loneliness. You'll help yourself and likely someone else.

what to do

Anger

It's normal to feel angry about your diagnosis.

Dealing with it is important.

Anger makes your heart work harder.


Talk to your doctor if you are having a hard time moving past feeling angry. There are ways to work through it with professional support. It will help you & your heart.

Hope

Hope is as common an emotion as all the others.

Learning about your disease & how to manage it, seeing how following your care plan is making you feel better, being able to do more of things you enjoy.

All bring a sense of hope that is good for you & your heart.



these emotions are normal
you are not alone

The IHA Healthwise resource library has several pages and videos on anxiety and depression.

[Anxiety: Paying Attention to How You're Doing \(healthwise.net\)](#) 2-minute video

[Stop Negative Thoughts: Getting Started \(healthwise.net\)](#) This page has tips & 3 short videos on practicing optimism, building resilience, and the effect of thoughts.

[Depression Is Common \(healthwise.net\)](#) short video.

[Depression, Anxiety, and Physical Health Problems \(healthwise.net\)](#) includes 5 short videos & text on ways to manage depression.

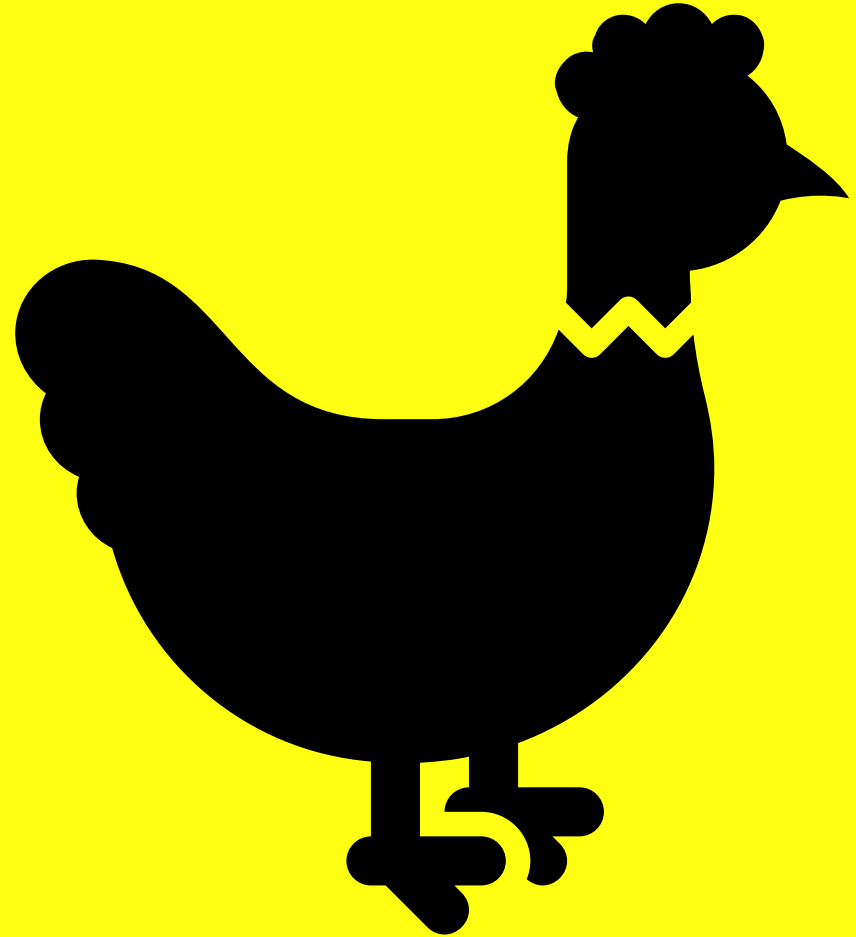
The American Heart Association [Coping with Feelings | American Heart Association](#) page goes in depth on each of the emotions.

The Mended Hearts [The GoToGuide on Depression \(mendedhearts.org\)](#) great peer-support program with more resources on every aspect of living with heart failure.

Suicide & Crisis Lifeline- call or text 988 [988-fact-sheet.pdf \(fcc.gov\)](#) facts about this vital, lifesaving program.

Why did the chicken
cross the street?

To get away from the
hospital!



Humor Therapy really is a thing.

Through the mind-body connection

- The simple act of laughing releases chemicals that
 - Help your heart work better.
 - Boost your immune system.
 - Give you energy.
 - Ease waves of emotions.

People commonly use humor therapy in treatment of long-term diseases like heart failure. To learn more, click the links.

- [Healing Through Humor \(healthwise.net\)](http://healthwise.net)
- [Humor Therapy \(healthwise.net\)](http://healthwise.net)

Reviewing your Daily Action Plan can put a smile on your face too.

- Daily monitoring lets you and your doctor know how you are responding to your care plan. It puts you in charge.
- Your daily monitoring & checking your symptoms with the Zone Chart will give you guidance as to what you should do.
- To learn more, click here
- [Heart Failure Daily Action Plan \(healthwise.net\)](http://healthwise.net)

HEART FAILURE DAILY ACTION PLAN

EVERY DAY	<ul style="list-style-type: none">• WEIGH YOURSELF• TAKE YOUR MEDICATIONS AS PRESCRIBED• ACTIVITY AS TOLERATED• LOW SALT DIET• FLUIDS AS YOUR DOCTOR DIRECTED
GREEN ZONE EXCELLENT! This is where you want to be.	<ul style="list-style-type: none">✓ Your weight is stable. It's not going up or down.✓ You breathe easily.✓ You are sleeping well. You can lie flat without shortness of breath.✓ You can do your usual activities. <p>What to do: Keep up the good work! ENJOY YOUR DAY!</p>
YELLOW ZONE BE CAREFUL! Pay Attention Check in with your Doctor.	<ul style="list-style-type: none">✓ You have new or increased shortness of breath.✓ You are dizzy or lightheaded or feel you may faint.✓ Sudden weight gain, 2+lbs in a day or 5lbs in a week.✓ Increased swelling in legs, ankles or feet.✓ So tired or weak you can't do your usual activities.✓ Not sleeping well, shortness of breath wakes you up, need extra pillows. <p>What to do: CALL YOUR DOCTOR -call both if not sure which one to call.</p> <p>PMD Name & Number:</p> <p>Cardiologist Name & Number:</p>
RED ZONE THIS IS AN EMERGENCY	<ul style="list-style-type: none">✓ Severe trouble breathing.✓ Coughing up pink, frothy mucus.✓ You have a new irregular or fast heartbeat.✓ Heart Attack symptoms-chest pain/pressure, sweating, shortness of breath, nausea or vomiting, lightheadedness or sudden weakness, pain/pressure in back/neck/jaw or upper belly, one or both shoulders/arms. <p>What to do: CALL 911</p>

THANK YOU FOR PARTICIPATING

In this presentation you learned:

- ✓ It's normal to feel a range of emotions.
- ✓ That emotions can be hard on your heart, making it have to work harder.
- ✓ You are not alone.
- ✓ There are supports just a call away.
- ✓ That laughing really is the best medicine.
- ✓ That using a zone chart keeps you in control by catching symptoms before they get out of control.
- ✓ Your Heart Failure Program Team is here for you.

We're Here For You

- To discuss any of the information contained in this presentation, contact your Care For You Heart Failure Program Nurse
- Thank you for letting us be a part of your Healthcare Team.

