

Heart Failure Program

Topics

Stress Management



careforyou

stress management

letting calm take flight



Effects of Stress

Stress activates the fight or flight response in your body. This causes hormones to be released that increase your breathing, heart rate and gives you a burst of energy.

Other symptoms include sweating, headache, GI upset, nausea or diarrhea. If the stress is over quickly, your body goes back to normal, and no harm is done.

If it happens too often or lasts too long, it can affect your physical and emotional health.

Full article

<https://www.healthwise.net/independenthealth/Content/StdDocument.aspx?DOCHWID=rlxsk>



Ways to Manage Stress

in no particular order



HUMOR

- Just the act of smiling
- Releases endorphins
- Relieves stress
- Lowers blood pressure & heart rate

[What's the science behind a smile? | British Council](#)

[Humor Therapy \(healthwise.net\)](#)

[Laughter Yoga | Liliana DeLeo | TEDxMontrealWomen - YouTube](#)



NEUROPLASTICITY

- Create a new neural pathway for anxiety triggers
- Create a new script for your brain to follow that reflects how you want to respond to a stimulus/trigger

[6 Neuroplasticity Exercises to Relieve Anxiety \(psychcentral.com\)](#)



EXERCISE

- Releases endorphins
- Relieves stress
- Improves cardiovascular health
- Improves sleep

[Working Out to Relieve Stress | American Heart Association](#)

[Stress Management: Using Yoga to Relax \(healthwise.net\)](#)

Ways to Manage Stress

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BREATHING

One of the best ways to lower stress

Deep breathing sends message to brain to calm down, brain sends message out to your body

Lowers heart rate, blood pressure, respirations

[Stress Management: Breathing Exercises for Relaxation \(healthwise.net\)](#)



PETS

Decreases cortisol levels , lowering stress

Lowers blood pressure

Increase sense of happiness

[The Power of Pets | NIH News in Health](#)

[Owning a Pet Can Change Your Life | American Heart Association](#)



TALKING

Professional counseling can help guide you through the work of overcoming trauma, depression and anxiety.

By taking your individual circumstances into account, the best approaches for you can be utilized to develop coping skills, trigger response changes and move you forward.

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.

