



American Heart Association®

Healthy for Good™

STRESS & STRAIN:

BODY & BRAIN

Life moves fast, and it's OK to feel overwhelmed. Everyday worries — such as work, health or the state of the world — can weigh on your overall well-being.

The American Heart Association offers simple tools to help ease the impact of everyday stressors. Small steps including breathing, moving or reaching out can make a big difference. Check out these tips to help manage your stress. If you need more support, connect with your health care professional.

WHY IT MATTERS

Simply put, stress can kill. People with high levels of chronic stress or psychological distress are more likely to die of various causes, research shows, including heart disease and stroke.

Chronic stress is also linked to anxiety disorders and major depression. And stress can underlie other problems, such as irritability, sleep disruption, headaches, changes in appetite, gut discomfort and reduced fertility.

TRY THESE STRESS-BUSTERS

Fight stress by focusing on your physical and mental health.



Get out of the house:
Take a walk in nature and enjoy the sights and sounds.



Sleep tight: Set a regular bedtime and wakeup routine and turn off or dim electronic screens as bedtime approaches.



Use your network:
Reach out and connect regularly with family and friends.



Put your mind to it: Explore mindfulness, a type of meditation that focuses your attention on your present experiences without interpretation or judgment.



Lean on a furry friend:
Pets may help reduce physiological reactions to stress.



Work it out: Regular physical activity — a recommended 150 minutes of moderate activity, 75 minutes of vigorous activity, or a mix of both weekly — can help relieve tension, anxiety and depression and give you immediate benefits from exercise.

For more tips on the mind-heart-body connection, visit heart.org/BeWell.