

5 EASY WAYS TO RELIEVE STRESS

Inova Cardiac Rehabilitation



1. Guided meditation

Meditation can give you a sense of peace and benefit your emotional and overall wellbeing. Guided meditation is a type of meditation led by a person via audio or video



2. Imagery

Imagery helps you use your imagination to take you to a calm, peaceful place. Have you ever heard the saying "seeing is believing" imagining can make you feel like you are experiencing it. You can find several prerecorded guided imagery videos on YouTube.



3. Yoga and/or Tai Chi

Yoga and Tai Chi can also help balance, coordination, strength, and mind-body connection. Both techniques involve gentle physical exercise, breathing, and stretching.



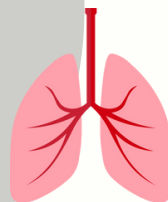
4. Journaling

Before you write do something that clears your mind... don't censor yourself let it all go on paper. If you don't want anyone to see what you wrote you can shred or burn the pages



5. Deep Breathing

- Sit quietly, place your hands on your stomach.
- Take a deep breath in, count to 4 while you inhale.
- pause, hold your breath for 4.
- exhale counting for 4 seconds
- pause for 4 counts before you repeat the cycle.
- repeat this 4-5 times



Get more tips from the Cardiac Rehab staff member

WHAT IS STRESS?

Natural reaction of the body to any demand placed on it; physical, mental or emotional demands.

Stress can be...

Cumulative stress- An individual event or series of compounding events; Acute/sudden or chronic/ongoing

HOW DOES STRESS AFFECTS YOU?

Increases heart rate, blood pressure, and blood sugar. Suppresses the immune system.

Inflames and damages arterial walls where cholesterol can collect. Contributes to hypertension, obesity, increased cortisol levels (stress hormone), and diabetes.

Did you know...

Stress is linked to coronary heart disease. By reducing your stress, you can reduce your risk for recurrent events or the progression/development of Cardiovascular disease.

BENEFITS OF MANAGING STRESS

- Reduce tension and muscle pain
- Reduce symptoms of anxiety
- Improve physical and emotional health Improve sleep and rest
- Lower resting blood pressure
- Decrease risk for cardiovascular disease Increase focus and productivity
- Feeling more relaxed and in control.

STRESS WARNING SIGNS/SYMPTOMS

Cognitive Symptoms:

- Memory
- Inability to concentrate Poor judgement
- Seeing only the negative Anxious or racing thoughts Constant worrying

Physical Symptoms:

- Aches and pains
- Diarrhea or constipation Nausea, dizziness
- Chest pain, rapid heartbeat Loss of sex drive
- Frequent colds

Emotional Symptoms:

- Moodiness
- Irritability or short temper
- Agitation, inability to relax
- Feeling overwhelmed
- Sense of loneliness and isolation Depression or general unhappiness

Behavioral Symptoms:

- Eating more or less
- Sleeping too much or too little
- Isolating yourself from others Procrastinating or neglecting responsibilities
- Using alcohol, cigarettes or drugs to relax Nervous habits (e.g., nail biting, pacing)

"You can't adjust the wind, but you can adjust the sail." - Thomas S. Monson