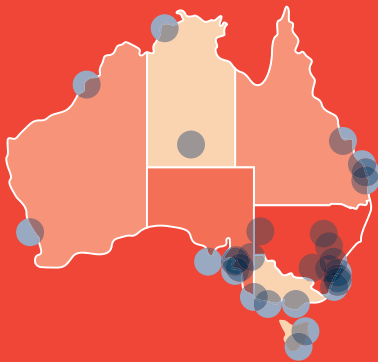
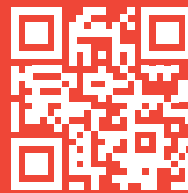




Emotional wellbeing & your heart health

Please scan the QR code to visit Heart Support Australia's website for additional information and access our online resources to further support your journey.



Being part of Heart Support Australia and sharing your lived experience benefits your heart health in many ways.

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Heart Support Australia acknowledges the Traditional Owners and custodians of country throughout Australia and their continuing connection to land, waters, and community. We pay our respect to them and their cultures, and Elders past, present and future.



**KNOW YOUR NUMBERS
TREAT YOUR RISK**

Help reduce the chances of a secondary heart event by knowing your numbers. Visit www.knowyournumberstreatyourrisk.com.au

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What is emotional wellbeing?

- To feel emotionally well is to have the ability to handle life's stresses.
- To have the ability to have positive thoughts and feelings.
- To be able to adapt to change.
- To be able to cope with difficult times.

Why is it important to manage your emotional wellbeing?

If negative emotions are left untreated, they can result in

- Depression.
- Withdrawal from family and friends.
- Loss of pleasure.
- Poor sleep.
- May make the physical effects of BP.
- Low motivation to eat a healthy diet, to exercise and look after your heart health.
- Reduced quality of life.



What you need to know about emotional wellbeing?

Research shows us that in the weeks following a cardiac event:

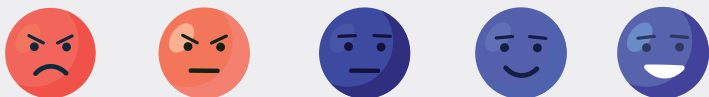
- 40% of people had elevated anxiety.
- 20% showed symptoms of depression.

Protect your heart and reduce your risk

Protect your heart and reduce your risk by acknowledging the common emotions after a cardiac event.

- Shock
- Denial
- Fear
- Sadness
- Tearfulness
- Worry
- Anxiety
- Guilt
- Anger
- Low mood
- Relief

These feelings are normal and will pass with time. It is important to be aware and note if your mood is not improving or is getting worse, and seek help.





Talking to your health professional about your Emotional Wellbeing

Understanding my emotions?

- Does my mental health affect my heart?
- Is it okay to feel sad sometimes?
- How do I know if I'm depressed or just sad?
- What are triggers?
- When does stress become "distress"?
- When should I seek help?

Managing your emotions starts with talking with your health professionals about them. Start the conversation.

Understanding what I can do to help my emotional wellbeing?

- Will exercise help?
- Will being in nature help?
- Will meditation/mindfulness help?
- Will taking one day at a time help?
- Will eating healthy food help?
- Will setting some health goals help?

Ask yourself these questions

- Have you felt sad, down, or miserable most of the time for more than 2 weeks?
- Have you lost interest or pleasure in your usual activities?

If you answered yes to either of these questions, it is time to see your GP.

**Never ignore the emotional impact of your heart event.
Have a conversation with your health professional.
Options for help are available.**

General counselling, emotional and psychological support:
LIFELINE 13 11 14 Beyond Blue 1300 224 636 Headspace 1800 650 890
Men's Helpline 1300 789 978

Australian Centre for Heart Health –



Specific cardiac counselling telephone programs available.

Please scan here.



Emotional Wellbeing Treatment Options

Caring for your emotional wellbeing reduces your chance of a subsequent heart attack.

That's why it's essential that you understand your emotions and their effect on your heart health.

Understand what are normal emotions for you.
Understand what is normal for to be experiencing.

What can I do to help with my emotions?

1. Monitor your mood.
2. Identify your stressors.
3. Talk to your partner, friend, or family about how you feel.
4. Talk to your health professional.
5. Be socially active.
6. Be physically active.
7. Attend your local cardiac rehab program.
8. Attend your local HSA Peer Support Group
9. Get outdoors.
10. Join a walking group.
11. Set goals.
12. Ask your doctor for a referral to a clinical psychologist as part of your healthcare plan.

Healthy lifestyle practices really help -Exercise regularly

During exercise, the effects of the hormones dopamine, oxytocin, and endorphins improve your emotional state.

Point to remember

- Avoid fatty foods.
- Reduce alcohol intake.
- Pay attention to your sleep patterns.
- Use deep breathing and calming techniques.
- Manage stress through meditation, mindfulness, and yoga.
- Keep a gratitude diary.
- Spend time outdoors or in nature.
- Listen to music.



Ask your GP for a referral to a psychologist or you can self-refer to The Australian Centre for Heart Health which has programs available.



Please scan here.