

## Stress Less For Heart Protection

Stress, anxiety, depression, and social isolation from challenging situations and events plays a significant role in cardiovascular symptoms and, if not treated properly, can increase the risk of developing cardiovascular disease. Try these stress relieving tips to take care of your mental health and protect your heart!



### **Sleep!**

Lack of sound sleep can affect your mood, mental alertness, and energy



### **Exercise!**

Physical activity alleviates stress and is a natural mood booster



### **Relax!**

Meditation, guided imagery, and deep breathing all help relieve stress