



British Heart
Foundation
Northern Ireland



Stay Heart Healthy. Understanding Stress.

No one can feel in control all the time. It's normal to feel stressed or anxious when you're under pressure or worried about work or your personal life.

Understanding Stress

Stress is a feeling of being overwhelmed or under pressure; maybe you're worrying about friends or family, struggling to balance work with personal commitments, or simply feeling that life's all a bit too much. Sometimes, just watching the news can make you feel anxious or panicked.

It's normal to feel like this occasionally but, if you are feeling like this more often and are struggling to cope, it's time to make some changes.

What's stress got to do with my heart?

When it comes to stress, it all depends on your coping mechanisms. Some people try to cope by smoking, drinking too much alcohol and overeating. All of these increase your risk of heart and circulatory disease.

Focus on what you can control

- Keep active! Get out in nature and exercise more often
- Try not to binge drink and have alcohol free days
- Drink plenty of water—it will help make you less irritable
- Get plenty of rest, and try to take time out for yourself



ACTION

Try out this simple yoga sequence you can do from your desk.



TAKE TIME

Grab six minutes to yourself and recharge with this mindfulness soundbite.



TIPS

12 things we can learn from how heart patients cope with change.



HELP

If you are having a difficult time the Samaritans are there for you 24 hours a day.