

Journey to a Healthy Heart

Educational resources by NUHCS

Stress Management



Outlines

- Know Your Heart
 - ❖ What is Coronary Artery Disease (CAD)?
 - ❖ What is Atherosclerosis?
 - ❖ Treatments for CAD / Heart Attack
 - ❖ Risk Factors for Heart Disease
- Activity Restrictions after a Heart Attack
- Management of Chest Pain
- Heart Medications
- Physical Activity and Cardiac Rehabilitation Program
- Heart Healthy Diet
- **Stress Management**
- Smoking Cessation

Stress Management

Daily Stress Can Leave Your Heart in A Mess

Disclaimer

Information from this section has been adapted from **HealthHub** as the following:

<https://www.healthhub.sg/live-healthy/426/10easywaystomanagestress>

https://www.healthhub.sg/live-healthy/425/understanding_stress



Stress Management

Adapted from healthhub

- Long-term activation of your body's stress response system, which is also known as "fight-or-flight" response, contributes to health issues through direct or indirect mechanisms, including anxiety, depression and heart disease.
- You may also experience feelings of depression, anxiety or fear because of your heart disease. Such emotional stress may worsen your symptoms.
- Hence, it is important that you:
 - ❖ learn to recognise these emotions
 - ❖ take positive steps to cope with life stressors



Signs of Stress

Physical Signs

- Health problems such as frequent headaches or backaches
- Muscle tension
- Trouble sleeping at night
- Fall sick easily
- Loss of appetite



Signs of Stress

Mental Signs

- Trouble concentrating
- Forgetful
- Mental block
- Sensitive to criticism
- Lack self-confidence



Signs of Stress

Behavioural Signs

- Resort to aggressive behaviour (e.g. hitting, bullying others) to solve problems
- Lose interest in activities easily
- Stay away from friends
- Avoid tasks
- Easily distracted, careless or accident-prone
- Restless
- Nervous habits, e.g. stammering or biting nails



Signs of Stress

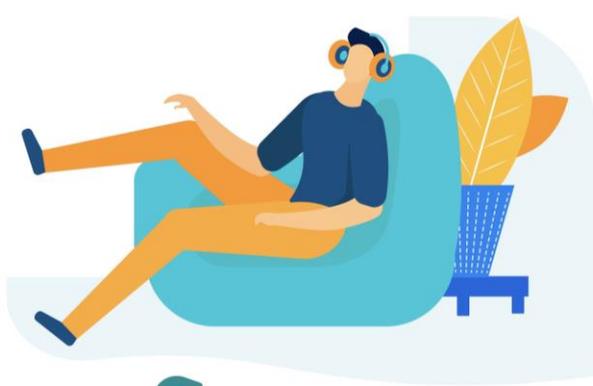
Emotional Signs

- Feel sad or depressed
- Easily angered or irritated
- Worry a lot
- Afraid of something
- Experiencing a sense of hopelessness



10 Ways to Manage Stress

1. Plan Your Time Well
2. Be Realistic About What You Can Do
3. Be Thankful
4. Make Some Time for Yourself
5. Spread Out the Changes in Your Life



10 Ways to Manage Stress

6. Spend Time with Your Family and Friends
7. Stay Physically Active
8. Learn Some Relaxation Techniques
9. Have a Healthy Diet
10. Get Enough Sleep



Clinical Services

- The NUHCS cardiac rehabilitation team works closely with occupational therapists and psychiatrist to screen, monitor and provide necessary advice or treatment to heart patients.
- Please let us know when you experience low mood or anxiety.



The **Caring Heart Support Group (CHSG)** is a voluntary initiative by patients of NUHCS. The support group is established with the aim to support one another in the journey to remain heart healthy.

Vision and Mission:

To build an inspiring and caring heart patient support group that brings positive changes to the lives of heart patients and the community.





For more information or to be a member,
please contact support group coordinator:

Magdelene Chia at mchia@kucinta.com

Thank you.

