



Stressed out? Coping with a chronic heart condition

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Stress

- What stresses you out?
- What does stress look like for you? What do you notice in your thoughts, behaviors, and emotions?
- What do you physically experience in your body?

Is stress/anxiety bad?

- Stress is NOT always bad!
- We experience stress for a reason, it usually tells us something. For example, it reminds us to slow down!
- Too much stress for too long is problematic!

Anxiety vs. Anxiety Disorder

- Normal anxiety is typically:
 - In response to a stressor (ex. A relationship breakup, a fight, exam, etc.)
 - Is short-term, and the intensity is proportional to the stressors
- An Anxiety disorder is typically accompanied by:
 - Physical symptoms (dizziness, light headedness, heart pounding, nausea, headaches, trembling, etc.)
 - Impairment in several major life areas (ex. Impacts work, school, health, relationships, etc.)

Okay, what do I do with my stress/ anxiety?

- **Recognize it!**
- Know your pattern of stress, and how you cope with it (your default response...)
- We usually have more control in managing our stress than we think!

Trigger

Situation that starts the problem (ex. Not invited to a friend's party)

Behaviors

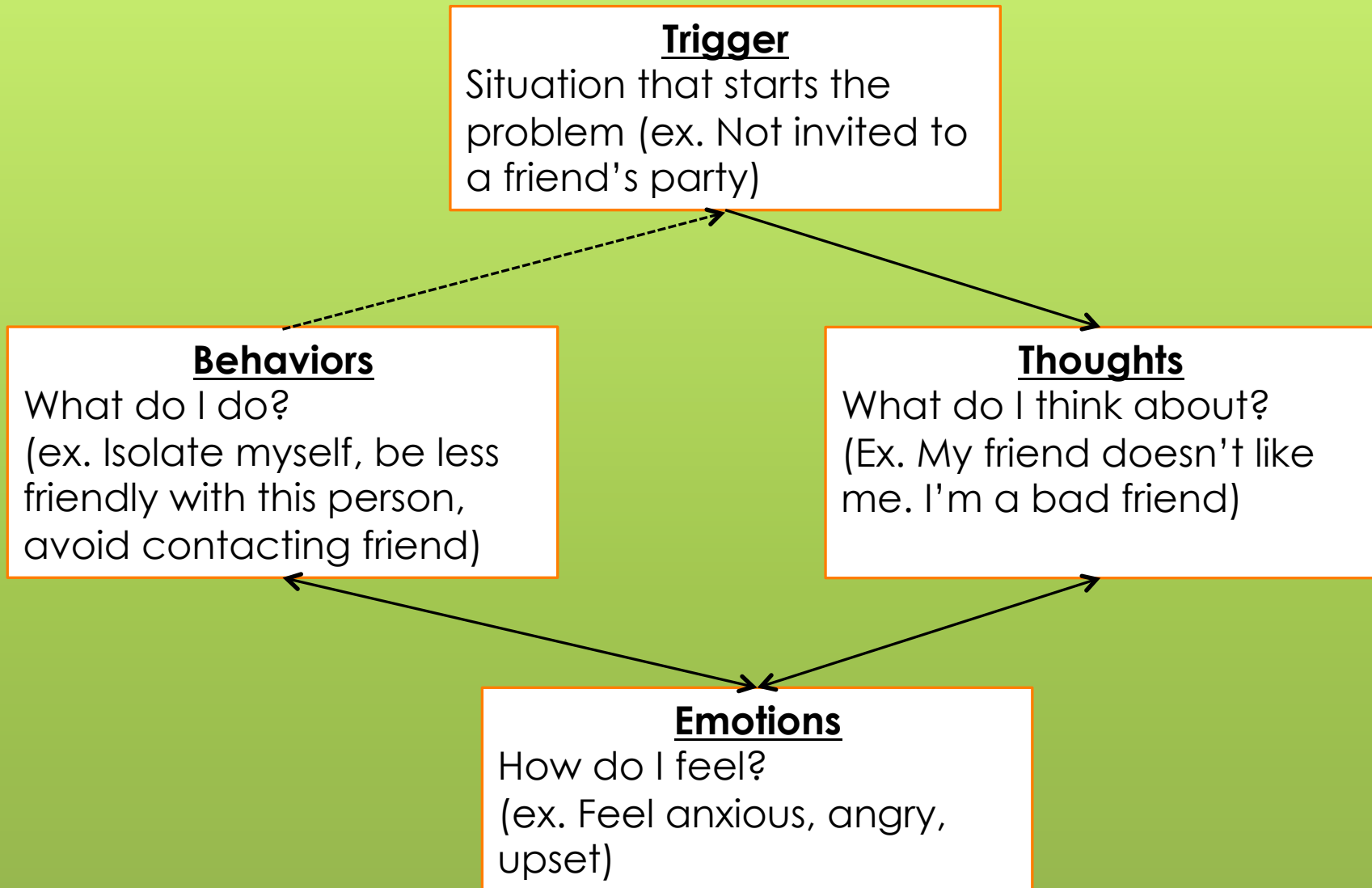
What do I do?
(ex. Isolate myself, be less friendly with this person, avoid contacting friend)

Thoughts

What do I think about?
(Ex. My friend doesn't like me. I'm a bad friend)

Emotions

How do I feel?
(ex. Feel anxious, angry, upset)




Start with Behaviors! Self-care tips

- Back to the basics: Self-care 101
 - Healthy eating
 - Sleep
 - Exercise
- Set Boundaries
 - Learn to say NO!
 - Prioritize goals, and plan accordingly



Stress Management Toolbox

- Relaxation (yoga/ deep breathing/guided imagery)
 - Reflection/reframing
 - Hobbies/interests/music
 - Gratitude
 - Laughter/have fun
 - Mindfulness
- 


Tricky Thoughts

- These are thoughts that trick us into believing something that actually is NOT True!

Do NOT Believe everything you think!



Common Tricky Thoughts

- Black and White thinking
 - Crystal ball
 - Catastrophizing
 - Emotional Reasoning
- 



Take charge of YOUR story!

***Every Day may not be a good day,
but you can find something good
in every day!***

