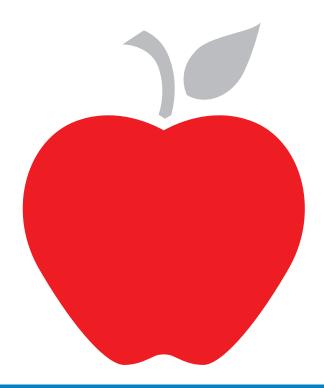


# **Enjoy** a healthy life



# WHAT YOU NEED TO KNOW

For your health, take time each day to relax. Just 15 minutes a day can help keep your mind and body healthy.

#### Every day, do at least one thing to relax your mind and body:

- Sit still with your feet up and eyes closed.
- Look at nature.
- Listen to relaxing music.
- Meditate, pray, or daydream.

## Every day, do at least one thing to enjoy life:

- Spend time with family and friends or talk on the telephone.
- Read a book or take a walk.
- Play with your kids, grandkids, or pets.
- Work on a craft or hobby.

Stress can hurt you. If you feel stressed, sad, or anxious, talk to your nurse or doctor. They can help.

# **KNOWING MATTERS**

Stress can hurt your health. Living with an unhealthy heart also causes stress.

# Relaxing can help you:

- Stay healthy
- Improve your mood and energy

#### Stress can:

- Make you feel sick or tired
- Raise your blood pressure
- Stop you from getting enough sleep

## TAKE ACTION

# Steps I can take today:

Ш	Talk about now you feel with someone you trust.	
	Do something you enjoy every day.	

☐ Go for a walk.

☐ Spend time with friends and family.

 $\square$  Ask your nurse or doctor about things that may help.

## Pass it on:

Share what you learned with family and friends!

For Enjoy a Healthy Life! materials, visit www.stratishealth.org/enjoyahealthylife.



