

ENJOY A
Healthy
LIFE!

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:

- Talk about how you feel with someone you trust.
- Do something you enjoy every day.
- Go for a walk.
- Spend time with friends and family.
- 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.

