

FOR IMMEDIATE RELEASE

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De-Stress for Heart Health Success

Over 144,000 people in Kansas live with coronary heart disease. There's good news though, it can often be prevented! Small acts of self-care like taking walks, getting quality sleep, and cooking healthy meals help your heart. Research shows that self-care can help you keep your blood pressure in a healthy range and reduce your risk of heart disease and stroke.

Self-care is what we do to stay healthy. It's also what you do to care for any health problems you have, such as high blood pressure, diabetes, or mental health disorders. It's easier than you think to show your heart the love it deserves each day. Here are a few ideas from hearttruth.gov:

- 1. Meet healthy eating goals one at a time**

Use the *Start Simple with MyPlate* app to pick simple daily food goals and see real-time progress. Try tested and delicious heart-healthy recipes at <https://bit.ly/heartcook>

- 2. Get support**

Many studies show that having positive, close relationships and feeling connected to others helps our blood pressure, weight, overall health, and more! Even if it's virtual or with an encouraging text reminder, connect with friends or family for support.

- 3. Tech tools**

Tools that help with self-care for your heart include: Wearable devices that measure steps, heart rate, and sleep, as well as at-home blood pressure, blood sugar, and heart rate monitors. Try an online activity planner, like Move Your Way from health.gov.

- 4. Know and maintain your health status**

Take medications as prescribed and prioritize medical appointments. Have your blood pressure, blood sugar, and cholesterol levels checked. Talk to your health care provider about your heart health.

5. **Manage stress**

Long term stress can cause serious health issues. Help manage it through meditation, stretching, a warm bath, journaling thoughts and gratitude, or quiet time with a good book or funny movie.

Self-care includes being patient with your body. You may not see or feel the results of your efforts right away. However, small steps can lead to big progress. When practicing self-care to be the best version of ourselves, we set an example for others to do the same!

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