UNIVERSITY OF OTTAWA
HEART INSTITUTE
INSTITUT DE CARDIOLOGIE
DE L'UNIVERSITÉ D'OTTAWA

10 TIPS

FOR **MANAGING STRESS** AND **EMOTIONAL HEALTH**

1



Practice deep breathing. When you're feeling stressed, take a few slow, deep breaths. Breathe in deeply so that your belly expands as you inhale and deflates when you exhale.

2



Focus on what you can control. Some situations are outside of your control, but your response is not. Direct your energy toward small, manageable actions that support your health, rather than worrying about things you cannot change.

3



Know your stress and emotional triggers. Pay attention to the situation or events that tend to increase your stress. Knowing your stress triggers will help you be better prepared to respond to stress in healthy ways.

4



Stay connected. Talking with family, friends, or your healthcare team can help you cope with challenges and remind you that you don't have to face them alone.

5



Make time for things you enjoy. Make time for hobbies, the outdoors, creativity, volunteering, spirituality, loved ones, or learning something new.

6



Take care of your body. Choose physical activity that is safe and enjoyable for you, eat nutritious food, prioritize sleep and rest, and take your medication as prescribed.

7



Notice and name your emotions. Noticing and putting words to your emotions lets you think about them more accurately and decide how you will react. Name it to tame it.

8



Slow your body down. Take time throughout the day to slow down and rest. Regular breaks can help reduce stress and improve focus.

9



Be kind to yourself. Notice when you are putting a lot of pressure on yourself and try to be nicer to yourself.

10



Ask for help when you need it. If stress, anxiety, or low mood is making it difficult to cope or affecting your daily life, talk to your healthcare team. Support is available, and reaching out is a positive step toward caring for both your mind and your heart.

OTTAWAHEART.CA/10-TIPS-STRESS