



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

Cardiac Rehabilitation Stress Management





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Welcome

➤ Outline for today:

- Get set up - logistics of video call
- Explanation of SMT – what it is and what it is not
- Session-by-session overview
- Participant introductions





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Logistics

➤ **Confidentiality**

- Private space and ear/head phones when possible

➤ **Functions**

- Mute – when not speaking
- Video – to connect with others
- Raise hand (in participants section)

➤ **Sharing – share as you are comfortable.**

- This is an opportunity to share your experiences and learn from others. I may need to interrupt you so that others can share and we can progress through the program materials.
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Logistics

➤ **Materials**

➤ Worksheets and handouts will be sent after each class

➤ **Punctuality** – please arrive on time

➤ **Attendance / Contact**

➤ Contact the Facilitator or CR Administrative Assistant, Debbie Cunningham-Kealty, if you are not able to attend at 613-696-7000 ext. 19641 or

dcunningkealty@ottawaheart.ca

➤ **Satisfaction survey**

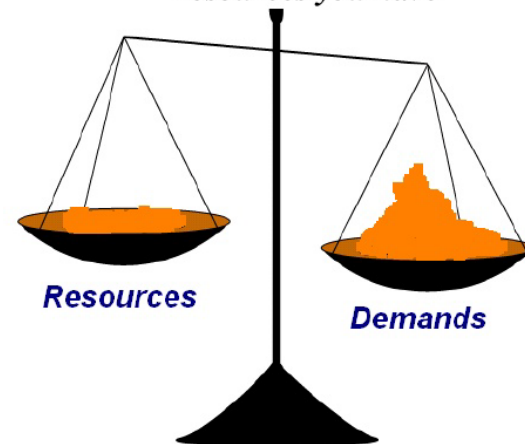


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Stress

- **Stress is a fact of life** - most people experienced at least 1 symptom of stress in the past month
- **Stress occurs from high demands and limited resources**
- **We need ways to decrease demands and increase coping**

Imbalance between demands in your life and resources you have





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What this program is:

- **This SMT program is an introductory, educational program to learn about:**
 - stress
 - how you deal with stress
 - stress management techniques to improve your emotional and physical health
 - Shifting your view of stress as negative and damaging to something that is inevitable that you can deal with





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Sessions

- Defining stress & the body's response to stress
- Recognizing your signs and sources of stress
- Learning breathing and relaxation exercises
- Using social support and assertive communication
- Identifying coping styles





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Why is SMT important for patients with heart disease?

- Research shows that when patients with heart disease participate in SMT, they get many benefits including:
 - Reduced stress and anxiety
 - Reduced risk of future cardiovascular events





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What this program is NOT:

- **It is not a vent session** - talking helps, but sometimes it makes us spin. We will help you look and deal with stress in a structured and productive way
 - **It does not focus on medication**
 - **It is not a cure-all**
 - This is a starting point and everyone starts in a different place
 - Some strategies may “click” quickly, while others will need more time or additional assistance
 - Give yourself a chance to try them and then be open to other options if you need more help.
-



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What this program is NOT:

- **It is not psychotherapy** - while we recognize that ongoing stress can lead to sleep issues, feelings of anxiety and depression, relationship distress or other problems, we are not able to include all of these concerns in this program. We have other programs to address some of these problems, including:
 - Managing Emotions
 - Healing Hearts Together (clinical research couples' study)
 - If you are interested in these programs, please contact me and we can discuss whether the program will be a good fit for you.
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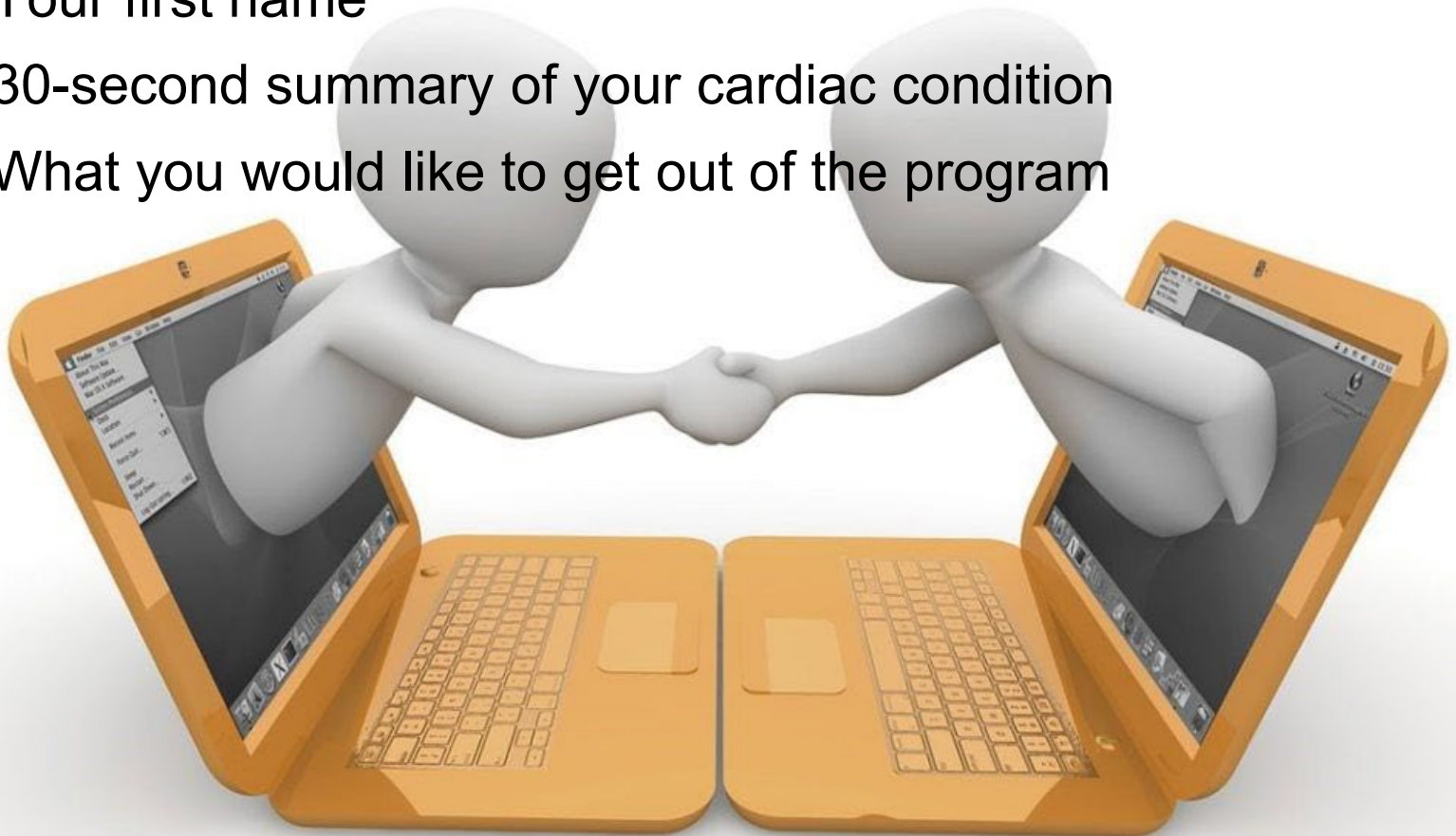


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Introductions

➤ **Please provide:**

- Your first name
- 30-second summary of your cardiac condition
- What you would like to get out of the program





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Relaxation

- The capacity to relax is at the very foundation of any stress management program
- It is more than watching TV or taking a bath
- Deep relaxation is required
- Deep relaxation is the exact opposite of the way our bodies react under stress
- One of the most important is deep breathing





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Deep Breathing

- Shallow and rapid breathing is a natural response to stress, but it leads to less oxygen in each breath
- Deep breathing can reverse this effect.
- Review 2 kinds of breathing exercises:
 - Box breathing
 - Diaphragmatic breathing

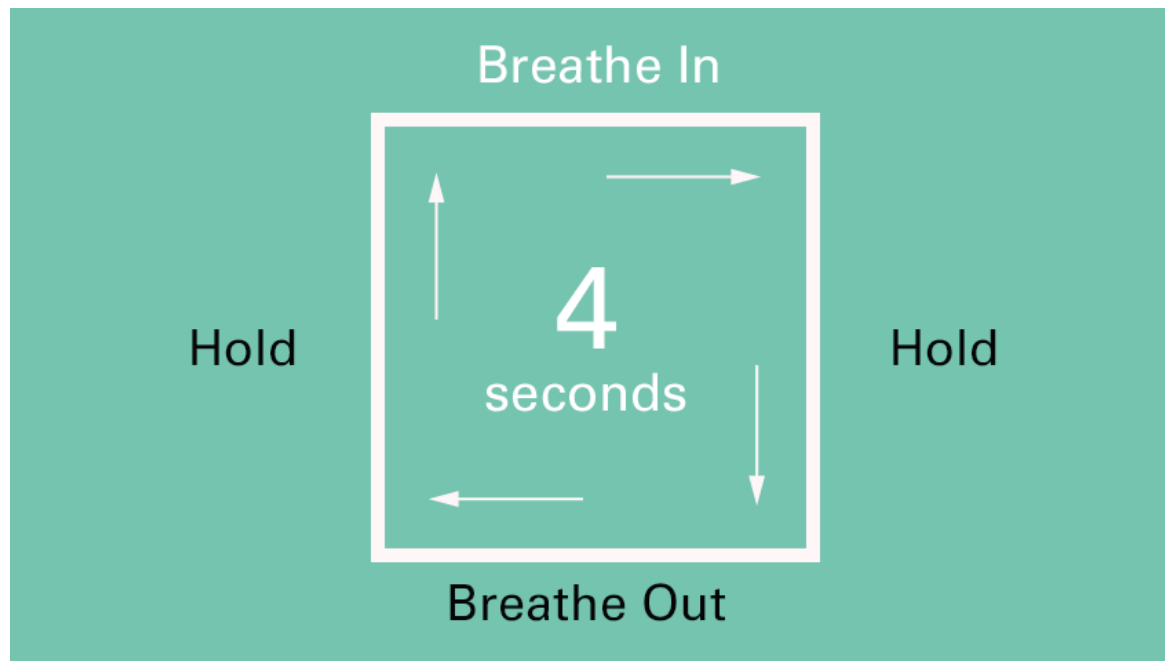




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Box Breathing:

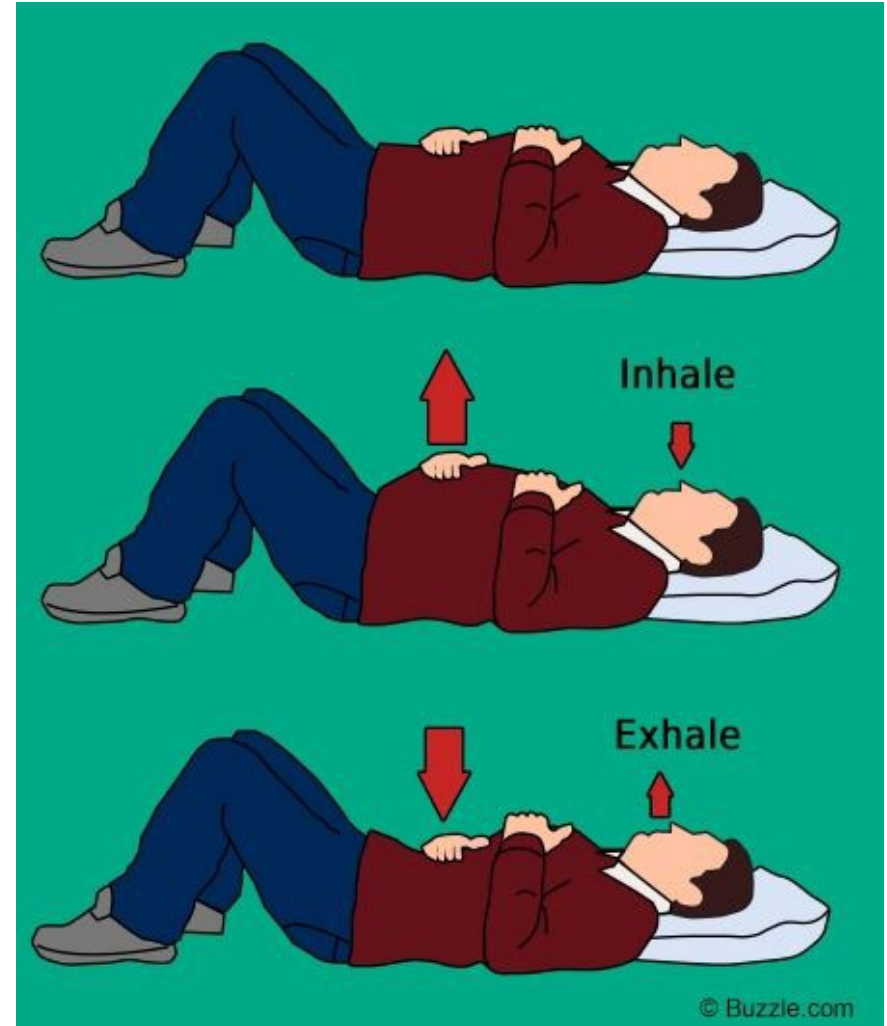
- 4-square breathing
- Inhale for 4, hold for 4, exhale for 4
- Skip the hold if that feels better





Diaphragmatic Breathing

- Diaphragm is a dome-shaped muscle that contracts as you breathe
- Place one hand on your chest and other below your rib cage
- Breathe in slowly so that your stomach moves out against your hand (chest hand is still)
- Pull stomach muscles inward as you exhale through pursed lips

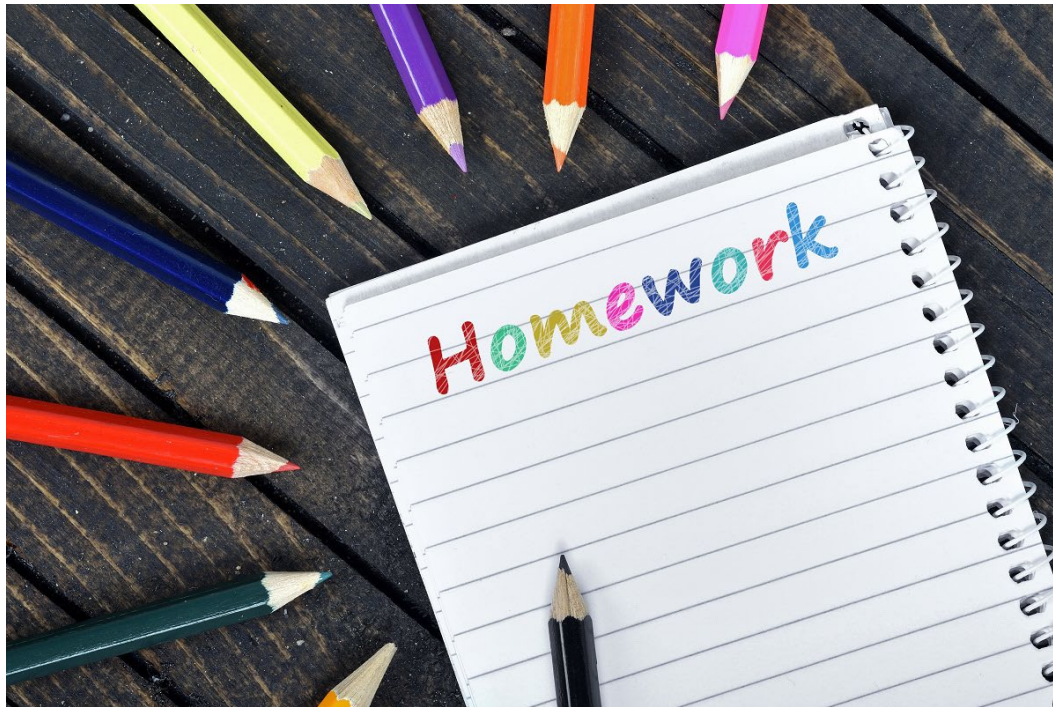




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At-home exercises

- Try the breathing exercises during the week. Which do you prefer?
- Review breathing hand out





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Wrap up

- **Thank you for your participation**
- **Any questions before we wrap up today?**

