

# Women, Stress and Heart Health



**Get active.** Exercise regularly and keep an active lifestyle.

**Cherish quiet time.** Meditate. Do yoga. Take at 10-minute mental break.

**Socialize** with friends, family and people who bring you joy.

**Eat Well.** A well-balanced diet includes controlling salt and sugar content, adding in multigrain, high fiber foods and lowering saturated fats and high cholesterol foods. A clean and healthy diet often leads to us feeling good about ourselves both physically and mentally.

**Hydrate** with water. Avoid sugary and caffeinated beverages. Maintaining adequate fluid balance wards off some of the physical manifestations of stress.

**Sleep.** Make time to sleep and identify and treat any health issues that might be affecting sleep, such as sleep apnea.