

Stress is a word people use for the feeling they get when everything seems too much. You might feel stressed if you have too much to do, if other people are asking a lot of you, or you're having to deal with things you can't control. To help keep your heart healthy, you need to take care of your body and your mind.

Being stressed can mean you do things which can be bad for your heart health, like: eating unhealthy foods, smoking, drinking too much alcohol and not getting enough physical activity. This can lead to conditions such as high blood pressure, high cholesterol and unhealthy weight which can cause heart disease or stroke. Heart disease and stroke can reduce your quality of life, and they can kill you.

When you're stressed, your body and mind will tell you. If you're stressed you might have problems sleeping, tight knotty feelings in your stomach or you may have lost your appetite for food, fun, or sex. You might feel



fearful or worried, hopeless or alone. You may find that it's difficult to concentrate or hard to make decisions. You may avoid relationships or going out or find that you're eating, drinking, or smoking to make you feel better.

Most of us have some stress in our lives. The most common causes of stress are: money problems, work, relationships, major life events (like getting married), unemployment, time pressure, loneliness, divorce, or the loss or illness of someone you love. Thinking about the

areas of your life that are most stressful is the first step to finding ways to cope with them.

#### What Can You Do To Prevent Stress?

- 1) Avoid things that make you stressed. If you're having family problems, try working out the problem by talking things through with those close to you, before they become a problem.
- 2) Change your reaction. If you can't avoid the things that make you stressed, try changing your attitude towards them.
- 3) Make changes. Take steps to

feel less stressed. Eating well, exercising and getting plenty of rest can all help you to feel less stressed.

#### Time For More Help?

It's better to ask for help rather than to struggling to cope. It is time to ask for help if you feel stressed a lot of the time or if you have trouble coping with your relationships at work or at home. If stress prevents you from doing your work as well as you used to, or you think you are depressed, you should ask for help. Finally, if you are drinking too much or are using drugs to cope with stress, or if a friend or partner asks you to get help, you should get help.

Start by talking to your doctor. They may be able to help, or they may arrange for you to see another health professional.

#### ASK THE EXPERT:

Heart & Stroke  
Foundation of Canada  
Telephone: 1-888-473-4636  
[www.heartandstroke.ca](http://www.heartandstroke.ca)



# Mulvihill Drug Mart

Your Trusted Family Drug Store

- Home Infusion Therapy
- Medical Supplies Services
- Nursing and Retirement Home Dispensing & Educational Service
- Home Health Care and Ostomy
- Patient Education Programs
- Medical Management Service



Ask us about weight loss:  
[www.mdmweightloss.com](http://www.mdmweightloss.com)

[www.mulvihilldrugmart.com](http://www.mulvihilldrugmart.com)  
*Serving the Ottawa Valley for over 85 years!*