

MyHeart MyLife ♥

Connecting with yourself



Feeling disconnected and overwhelmed after a heart event is common, and it's important to know that you are not alone. Our emotional wellbeing and sense of connection are closely intertwined with our physical heart health recovery. Through strengthening our connection with ourselves and others we can improve our thoughts, live more in each moment and experience a greater sense of confidence when faced with life's challenges. Consider these useful tips to help you connect with yourself and others:



Don't forget to breathe

Remind yourself who you are, where you are, and what your purpose is.



Take time to reflect

Identify your needs, make them a priority and rediscover your authentic self.



Find your voice

Open up to someone, share your thoughts with a friend or loved one, or connect with your peers through the MyHeart MyLife online community.



Reconnect with yourself physically

Move your body, get out into nature, walk, dance, eat well, watch the sunrise.



Remember to...

Take time to enjoy the simple things, do the things you love, and always listen to what your mind, body and heart feel.

Is someone you care about, or are you personally living with a heart condition in Australia? Join the MyHeart MyLife community on Facebook to connect, share experiences, and support one another on your heart-healthy journey.



Scan the QR code or visit
hrt.how/mhml today!

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Connecting with others



Strong, meaningful connections with family, friends and community help us feel less lonely, enhance our quality of life, improve our support networks and deepen our sense of purpose and meaning. Being connected to a community is also important for our mental and physical wellbeing and can be a protective factor for our hearts. Meeting and engaging with others in your community is a wonderful way to create meaningful relationships and increase your sense of belonging. Here are some helpful tips on how you can get started today:



Make time for connections

Find time for conversations, embrace your true self and be proud to share who you are with others. Plan regular walks or catch-ups with loved ones.



Join a local community group

Connect with a local community group with shared interests or experiences. Join the Heart Foundation's MyHeart MyLife online community or find a Heart Foundation walking group near you!



Volunteer

Give back to your local community by volunteering some of your time. Connect and work together with others towards a common goal.



Share stories & learn to listen with your heart

Build connections with others through the sharing of stories and experiences. Listen intently, make eye contact, try to go deep and really get to know someone.



Remember to...

Smile and open your heart, it can lead to wonderful connections! Connecting with ourselves, others and our community can help us heal! You are strong, but we are even stronger together!

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Healthy habits for stress management



Life can be overwhelming at times for everyone, but it can be especially challenging after a life-changing heart event. Stress, worry and fear can weigh particularly heavy on our heart health and recovery. It's important to find ways to help manage these feelings, keeping your physical, mental and emotional wellbeing a priority throughout your recovery. Here are some helpful tips on how you can get started today:



Focus on what you can control

When it comes to our hearts, there are things we can control, and some we can't. It's important to learn to accept what we cannot change and focus on what we can.



Positive self-reinforcement

Think and talk about yourself in a positive way. Leave negative thoughts and words behind, instead of 'I can't', use 'I can' or 'I will give it my all'.



Take time out from the digital world

Unplug or dedicate some time to screen-free activities. Choose to be present in the moment, put your device away and make time for connections with others.



Take care of your mind and body

Move your body, get out into nature, walk, dance, eat well, watch the sunrise.



Remember to...

You are in the driver's seat of your life, 'where focus goes, energy flows'. Shift your focus away from stress, fear and worry and focus on the direction you want to take your heart and your life.

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