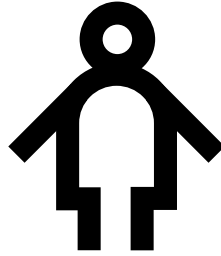


Stress, anxiety, depression and your *heart*

Stress, anxiety & depression have real physical effects on your body



Fat cells become converted into **cholesterol**



Heart rate can become irregular, develop **palpitations**



Platelets become “sticky” and **build up** in arteries

Blood pressure can increase for periods of time



Am I at risk?

20%

of heart patients experience clinical depression

Smoking & over eating



Increased incidence



- **Increases** blood pressure
- **Makes heart work harder**



Increased risk for **heart attack**

23%

of Canadians experience high levels of daily stress

Stress hormones



Elevated levels



- **Increases** risk of **blood clotting**
- **Problems with blood vessel** inner lining



Development of atherosclerosis or **hardening of the arteries**

What can I do?



Be physically active every day

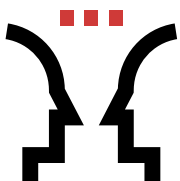


Learn relaxation skills



Share your fears & worries with someone

Learn about coping strategies.



Consider participating in a support program to educate yourself, alleviate some worries, and get answers to your questions. **Talk to your doctor or a mental health professional about proven treatments for stress, anxiety and depression. Seek support from family, friends & support groups.**

Get involved and learn more about heart health. Visit RedDAY.ca and follow [#RedDAYFriday](https://twitter.com/RedDAYFriday)