



Had a **CARDIAC EVENT?**

**Angry? Anxious? Stressed?
It's normal.**

Your life has changed, and adapting to that change takes work.

Most men feel sad, discouraged, angry, afraid, worried or stressed after a cardiac event.

**DON'T LET THESE SYMPTOMS
GET WORSE; THEY COULD WORSEN
YOUR HEART DISEASE**

Mind the Heart is funded
by the Movember Foundation



Sad, irritable or angry?

TALK ABOUT IT!

Silence and isolation are risky.

ENGAGE IN FUN ACTIVITIES/ DO MILD PHYSICAL EXERCISE

It will allow you to:

- Relax
- Take your mind off things
- Live in the 'now'

REACH OUT TO OTHERS

- It's important to be connected
- Don't be alone – build a team and be a team player!
- Being with others has a protective effect

Anxious, alone or stressed?

AVOID AVOIDING THE ISSUE

Avoidance behaviour almost always worsens the situation. You're capable of:

- Facing things head-on
- Dealing with obstacles and challenges
- Making a game plan

Be strategic, work hard to win!

LIVE FULLY IN THE PRESENT

- Savour your coffee
- Enjoy your walk
- Connect with your family and friends

THINK REALISTICALLY

See things for what they are. Consider **all** the aspects of your situation:

- Positive, negative, and neutral

Benched?

BRAVE THE UNKNOWN, IT HELPS!

Try new things: complete your bucket list

UNDERSTAND YOUR HEART DISEASE

Even though the disease has changed your life and your future plans, it can also help you to...

- See life differently
- Reconsider your priorities in life

It's time to get back in the game!

Need help?

Call the *Crisis Line*

Ottawa 613-722-6914

Outside Ottawa 1-866-996-0991

START YOUR RECOVERY TODAY!

Mind the Heart is a free program.
Call now to get back in the game!

www.mindtheheart.ca

Mireille

(Ontario and Quebec)

cae@montfort.on.ca

Tel.: 613-746-4621 ext. 6469