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MCHD HEALTH BLOG

The greatest wealth of a community is the health of the people.



Public Health
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MORGAN COUNTY HEALTH DEPT.



HEALTHY HABITS TO STRENGTHEN YOUR HEART

In last week's blog, we shared information on de-stressing techniques such as meditation, progressive muscle relaxation, deep breathing and guided imagery that you can use to trigger your body's built-in, healthy relaxation response. Combining de-stressors like these with other healthy habits can go a long way toward strengthening your heart. Healthy habits that help you strengthen your heart include:

- Eating more veggies, fruits and whole grains, and less sodium, sugar and saturated fats.
- Moving your body more – like through dancing and walking meetings. Find exercises you actually love and do them regularly.
- Getting enough good, quality sleep.
- Developing a strong social support system.

Next, rethink some of the familiar ways you may be coping with stress, such as drinking alcohol frequently, using drugs and other substances, smoking or overeating. They can actually worsen your stress – and your health.

Taking care of your heart health is a lifelong journey. Learn how to stress less for a healthier heart and more about heart health from the National Heart, Lung, and Blood Institute by visiting www.nhlbi.nih.gov.

If you need help finding additional resources to help you cope with stress, talk to a healthcare provider. Seek urgent care if you can't cope at all or have suicidal thoughts. 988 Suicide and Crisis Lifeline provides 24-hour, confidential support to anyone in suicidal crisis or emotional distress. Call or text 988 to connect with a trained crisis counselor.