

Stress Less for a Healthy Heart

Your body can react to stress in different ways. In minimal doses, it boosts your body adrenaline. Too much and you may be putting your heart at risk.

When you are continually exposed to stress hormones, your body builds up a resistance and can override your natural flight-or-fight response. Stressed, your body may also begin to suppress your immune system.

Although the link between stress and heart disease is widely suspected, it regularly leads people to proven risk factors of heart disease: high blood pressure, high cholesterol, and smoking.

Here are ways to de-stress your life – and boost heart health at the same time.

Relax your heart and mind: Yoga, meditation, focused breathing all can slow your heart, clear your mind and defuse tension.

Work out stress: Regular exercise can strengthen your heart and lower blood pressure.

Establish healthy habits: Drinking less alcohol and caffeine, eating more fruits and vegetables, drinking more water help keep your heart healthy.

Do what you enjoy: Many of us know what works for us. Maybe it's listening to music or spending time in nature, or reading a good book. Laughter is widely recommended as it improves both mood and heart health.

For more information on stress management, visit the American Heart Association at:

[To Stress or not to Stress? You decide.](#)