

MAINTAINING A HEALTHY HEART & PRACTICING SELF-CARE

Heart health and self-care are essential components of a fulfilling, balanced life. With a bit of focus, we can take proactive steps to nourish our hearts and minds. This article explores valuable resources and activities to help you improve heart health and practice self-compassion through self-care.

Heart Health Resources:

- **American Heart Association:** Whether you're looking for dietary tips, exercise suggestions, or information on managing heart conditions, the AHA offers valuable insights to guide your journey. Visit www.heart.org for more information.
- **CDC Heart Disease Toolkit:** This resource provides educational resources about managing heart conditions and the importance of prevention. You can access this toolkit at [CDC Heart Disease Toolkit](#).

Heart Health Tips: A few simple lifestyle changes can make a big difference in heart health. The American Heart Association also shares daily heart-healthy tips, such as eating more fruits and vegetables, staying hydrated, and exercising regularly. These small changes can be easily incorporated into your daily routine to help you lead a heart-healthy life.

Heart-Healthy Activities: Engaging in fun activities can make a difference in maintaining a healthy heart. Here are some heart-healthy challenges to get started:

- **Stairway to Heart Health:** Challenge yourself to take the stairs instead of the elevator for a week. Create a leaderboard to track "flights climbed," and reward those who remain the most consistent. This encourages regular movement and strengthens the heart.
- **Healthy-Heart Recipe Swap:** Sharing heart-healthy recipes is a great way to inspire better eating habits. You can host a virtual or in-person potluck or cooking contest to feature heart-healthy dishes.
- **Snack Red, Snack Right:** Instead of reaching for ultra-processed snacks, swap them out for vibrant, heart-healthy red foods like apples, strawberries, cherry tomatoes, and bell peppers. These foods are not only tasty but packed with nutrients that support heart health.
- **Daily Heart-Healthy Tips:** Start each morning with a heart-healthy tip delivered through email or a messaging platform. This ensures you're consistently reminded of healthy choices throughout the day.
- **Exercise Recommendations:** The American Heart Association recommends at least 150 minutes of moderate-intensity aerobic activity per week. Incorporating activities like walking, swimming, or cycling can significantly benefit heart health.

Self-Care Resources: Taking care of yourself emotionally, mentally, and physically is just as important as caring for your heart. Self-compassion and self-care promote well-being and help you navigate the stresses of everyday life. Below are resources to support you in developing a balanced self-care routine.

- **The Self-Care Wheel:** The Self-Care Wheel is a powerful tool that helps you address different aspects of your life, including physical, emotional, and mental health. It encourages a holistic approach to self-care and provides worksheets and guidelines to help you assess areas that may need attention. Learn more at [Self-Care Wheel](#).
- **GoodRx Self-Care Activities:** GoodRx offers a comprehensive list of 99 self-care activities designed to improve your overall quality of life. Find inspiration and actionable ideas here: [GoodRx Self-Care Activities](#).
- **Science of People Self-Care Ideas:** The Science of People offers 101 self-care ideas that focus on positivity and happiness, particularly emphasizing the importance of social connections. Check out the self-care suggestions at [Science of People Self-Care Ideas](#).