

# PRIORITIZING SELF-CARE AND MENTAL HEALTH STARTS HERE

HEAR YOUR  
**HEART**®



## 2 in 5 Hispanic women are living with a form of heart disease, including **heart failure**.<sup>1</sup>

When you're caring for your family, slowing down may not feel like an option. However, living with heart failure can make it harder to care for others, especially if you don't give yourself the same care. Prioritizing your mental and physical well-being can lead to better overall health management, increased awareness of your body and condition, and a lower risk of disease complications.<sup>2</sup>

### ♥ **Prioritizing Yourself**

Taking time for yourself and practicing self-care have been shown to improve quality of life, lower the risk of disease complications and lead to longer survival in people living with chronic conditions, including **heart failure**.<sup>2</sup>

### ♥ **What Is Self-Care?**

Self-care is the practice of actively protecting and prioritizing your own well-being and happiness, particularly during periods of stress.<sup>3</sup>

### ♥ **Self-Care Is Healthcare**

While it can be difficult to find the time and energy in your daily routine to care for yourself while taking care of those around you, it is crucial to managing your overall health and heart failure. The benefits of self-care include reduced risk of disease complications, fewer healthcare visits and improved overall health.<sup>2</sup>


---

## Where to **Start**

Self-care isn't a one-size-fits-all approach, so it's important to focus on what works for you. If you're not sure where to begin, the following tips can be a helpful starting point for your personal self-care journey.

## Exercise

Family matters, fatigue and lack of time often stand in the way of participating in physical activity. However, taking the time to establish a moderate and consistent exercise routine can help lower hospitalizations and decrease symptoms of heart failure over time.<sup>4</sup>

 **Tip:** The Department of Health and Human Services recommends getting at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity a week. Building up a routine can help you get in the habit and stay motivated.<sup>5</sup>

## Healthy Happens One Step at a Time Track your self-care progress


This Week's Wins ✓	M	T	W	T	F	S	S
Yoga, stretched or worked out							
Walked with a family member, friend or pet							
Gardened or spent time outdoors							
Other:							

**TOTAL** ✓ \_\_\_\_\_

My goal for next week: \_\_\_\_\_

## Mental Health

There are many factors that can make it difficult to talk about mental health, which can make it even more challenging to speak up and get help. Taking small steps to ease stress and process your emotions can make a big difference in your heart health and overall well-being.

 **Tip:** Something as simple as going for a walk, taking a bath or reading a book can quiet your mind, which in turn can help balance hormones like cortisol (the stress hormone), lower blood pressure and improve brain health.<sup>3</sup> What works for someone else may not work for you, so stick with what helps you relax!

## Making Time for Me Track your self-care progress


This Week's Wins ✓	M	T	W	T	F	S	S
Spent time outdoors							
Read a book							
Made time for hobbies							
Other:							

**TOTAL** ✓ \_\_\_\_\_

My goal for next week: \_\_\_\_\_

## Nutrition

You can still enjoy the foods you love by finding balance and learning to cook in a healthier way. Taking steps to reduce your salt intake and cholesterol levels can minimize the amount of fluid around your heart – decreasing blood pressure and improving overall heart health.<sup>6,7</sup>

 **Tip:** Making heart-healthy foods doesn't have to take the joy or love out of cooking. Small changes to family favorites can transform delicious, well-loved recipes into healthier options.

## Eating Well for Heart Health Track your self-care progress

This Week's Wins ✓	M	T	W	T	F	S	S
Ate lean meats							
Had fruit for dessert							
Chose a low-sodium option							
Other:							

**TOTAL** ✓ \_\_\_\_\_

My goal for next week: \_\_\_\_\_

## Visit [HFHearYourHeart.com](https://www.hfhearyourheart.com) for more heart health and self-care tips.

These recommendations were created in collaboration with Dr. Alanna Morris, MD, MSc, FHFA, FACC, FAHA, Associate Professor of Medicine, Division of Cardiology, Emory University School of Medicine, and Dr. Johanna P. Contreras, MD, MSc, FACC, FAHA, FASE, FHFA, Associate Professor, Icahn School of Medicine, Director of the Ambulatory Heart Failure Network and Director of Diversity at Mount Sinai Health System. BROUGHT TO YOU BY: BOEHRINGER INGELHEIM AND ELI LILLY AND COMPANY

### REFERENCES:

- American Heart Association. (2021). Major cardiovascular risk factor rates are high in the U.S. Hispanic/Latino population. Available at: <https://newsroom.heart.org/news/major-cardiovascular-risk-factor-rates-are-high-in-the-u-s-hispaniclatino-population#:~:text=According%20to%20the%20American%20Heart,call%20for%20the%20medical%20community>. Accessed: July 2023. 2. Algahtani, J., Algahtani, I. (2022). Self-care in the older adult population with chronic disease: concept analysis. Heliyon. Available at: [https://www.cell.com/heliyon/fulltext/S2405-8440\(22\)01279-8?\\_returnURL=https%3A%2F%2Flinkinghub.elsevier.com%2Fretrieve%2Fpii%2FS2405844022012798%3Fshowall%3Dtrue](https://www.cell.com/heliyon/fulltext/S2405-8440(22)01279-8?_returnURL=https%3A%2F%2Flinkinghub.elsevier.com%2Fretrieve%2Fpii%2FS2405844022012798%3Fshowall%3Dtrue). Accessed: July 2023. 3. Cleveland Clinic. (2023). Self-Care Isn't Selfish: 17 Tips for Making Yourself a Priority. Available at: <https://health.clevelandclinic.org/why-self-care-isnt-selfish-advice-for-women/>. Accessed: July 2023. 4. Penn Medicine. (2022). 5 Tips for Exercise with Heart Failure. Available at: <https://www.pennmedicine.org/updates/blogs/heart-and-vascular-blog/2015/july/5-tips-for-exercise-with-heart-failure>. Accessed: July 2023. 5. Mayo Clinic. (2023). Exercise and chronic disease: Get the facts. Available at: <https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/exercise-and-chronic-disease/art-20046049>. Accessed: July 2023. 6. Cleveland Clinic. (2023). Heart Failure Diet: Foods To Eat and Avoid. Available at: <https://health.clevelandclinic.org/heart-failure-diet/>. Accessed: July 2023. 7. Mayo Clinic. (2022). Heart-healthy diet: 8 steps to prevent heart disease. Available at: <https://www.mayoclinic.org/diseases-conditions/heart-disease/in-depth/heart-healthy-diet/art-20047702>. Accessed: July 2023.