

# PROTECT YOUR HEART BY MANAGING YOUR STRESS

April 2025

## Stress and Heart Health

What's stressful for one person may not be for another. Happy events (*new marriage, job promotion, new home*) and unhappy events (*illness, being overworked, family problems*) can cause stress.



Everyone feels and reacts to stress in different ways. How much stress you experience and how you respond to it can lead to various health problems. That's why knowing what you can do to manage your stress is critical.

*Mental health can positively or negatively impact your physical health*

Adopting serenity in the face of life's challenges may help improve how you view stress and improve your quality of life and heart health.

### ▲ Stress Mental Health, and your Heart

Mental health can positively or negatively impact your physical health and risk factors for heart disease and stroke.

**Stress may contribute to poor health behaviors linked to increased risk for heart disease and stroke, such as:**

- Smoking
- Overeating
- Not getting enough physical activity
- Eating an unhealthy diet
- Being overweight
- Not taking medications as prescribed

 **Nasiff Associates, Inc.**  
leading patient care

**DIAGNOSTIC ECG SYSTEMS**  
AMERICAN MADE



• 1 •

*Exercising Regularly*



• 2 •

*Time for Friends and Family*



• 3 •

*Getting Enough Sleep*



• 4 •

*Having a Positive Attitude*



• 5 •

*Practicing Relaxation*



• 6 •

*Finding a Hobby*

**ABOUT NASIFF**

A MED-TECH COMPANY COMMITTED TO ENHANCING PATIENT CARE IN HOSPITALS, OFFICES, AND HOME-BASED MEDICAL FACILITIES BY DELIVERING HEALTHCARE PROVIDERS WITH INNOVATIVE SOLUTIONS.

### Your body's response to stress can include things such as:

- A headache
- Body pains
- Stomach pains
- Rashes

### Stress can also:

- Reduce your energy
- Wreak havoc on your sleep
- Make you feel cranky, forgetful, or out of control

A stressful situation sets off a chain of events. Your body releases adrenaline, a hormone that briefly speeds up your breathing and heart rate and raises your blood pressure. These reactions prepare you to deal with the situation, giving you what is known as the “fight or flight” response.



### What is Chronic Stress?

Chronic stress is when you experience stress for an extended period, and your body is in high gear off and on for days or weeks at a time. Chronic stress may lead to high blood pressure, which can increase the risk of heart attack and stroke.

### Can Managing Stress Reduce or Prevent Heart Disease?

Managing your stress is good for your health and well-being. Further research is needed to determine more about how stress contributes to heart disease and stroke. Adverse psychological and mental health is associated with an increased risk of heart disease and stroke. Meanwhile, positive psychological health is associated with a lower risk of heart disease and death.

### Negative mental health conditions include:

- Burnout
- Depression

- Anxiety
- Anger
- Pessimism
- Dissatisfaction with life

### These conditions are associated with potentially harmful bodily responses, such as:

- Irregular heart rate and rhythm
- Increased digestive problems
- Increased blood pressure
- Inflammation
- Reduced blood flow to the heart

### Positive mental health characteristics include:

- Happiness
- Optimism
- Gratitude
- Sense of purpose and life satisfaction
- Mindfulness



In a rapidly evolving field of medical diagnostics, the *Nasiff CardioCard ECG System* stands out as a top choice for healthcare professionals seeking high performance, an intuitive interface, and cost-effective solutions. Nasiff's computer-based ECG technology offers medical practitioners a feature-rich system that enhances efficiency, accuracy, and affordability.

Traditional standalone ECG machines can often come with restrictions and be expensive. They will frequently depend on additional purchases for reporting tools, connectivity and database storage. The *Nasiff CardioCard ECG PC System* has revolutionized this approach by integrating seamlessly with computers, providing numerous significant advantages.

**People with positive mental health are also more likely to have health factors linked to a lower risk of developing heart disease, such as:**

- Lower blood pressure
- Better glucose control
- Less inflammation
- Lower cholesterol



### What can I do About Stress?

Fortunately, you can manage stress by:

**Exercising regularly.** It can relieve stress, tension, anxiety, and depression. Consider a nature walk, meditation, or yoga.

**Making time for friends and family.** It's essential to maintain social connections and talk with people you trust.

**Getting enough sleep.** Adults should aim for seven to nine hours a night.



**Maintaining a positive attitude.** Keep a gratitude journal and write weekly entries.

**Practicing relaxation** techniques, such as meditating or listening to music.

**Finding a stimulating hobby.** A hobby you enjoy can keep you engaged so you don't dwell on negative thoughts or worries. You might want to try cooking or knitting.

Figuring out how stress affects your body is essential in dealing with it. Identify sources of stress in your life and look for ways to reduce and manage them. A healthcare professional can help you find ways to manage your stress.

Stress management or relaxation classes can also help. Look for them at community colleges, rehab programs, hospitals, or by calling a therapist in your community.



## WHY CHOOSE NASIFF?

***Heart Disease*** is a serious health concern that causes more fatalities than any other disease. An Electrocardiogram (EKG) is a non-invasive diagnostic test that measures the heart's electrical activity and can help detect heart abnormalities, such as heart damage or abnormal heart rhythms. The EKG is one of the most reimbursed tests because it does a great job of finding early signs of heart disease. Dr. Nasiff has developed diagnostic tools that are ***highly regarded*** in the medical community.

(2014, February). Stress and Heart Health | Go Red for Women. <https://www.goredforwomen.org/en/healthy-living/healthy-lifestyle/stress-management/stress-and-heart-health>