Women, Stress and Heart Health

Get active. Exercise regularly and keep an active lifestyle.

Cherish quiet time. Meditate. Do yoga. Take at 10-minute mental break.

Socialize with friends, family and people who bring you joy.

Eat Well. A well-balanced diet includes controlling salt and sugar content, adding in multigrain, high fiber foods and lowering saturated fats and high cholesterol foods. A clean and healthy diet often leads to us feeling good about ourselves both physically and mentally.

Hydrate with water. Avoid sugary and caffeinated beverages. Maintaining adequate fluid balance wards off some of the physical manifestations of stress.

Sleep. Make time to sleep and identify and treat any health issues that might be affecting sleep, such as sleep apnea.