

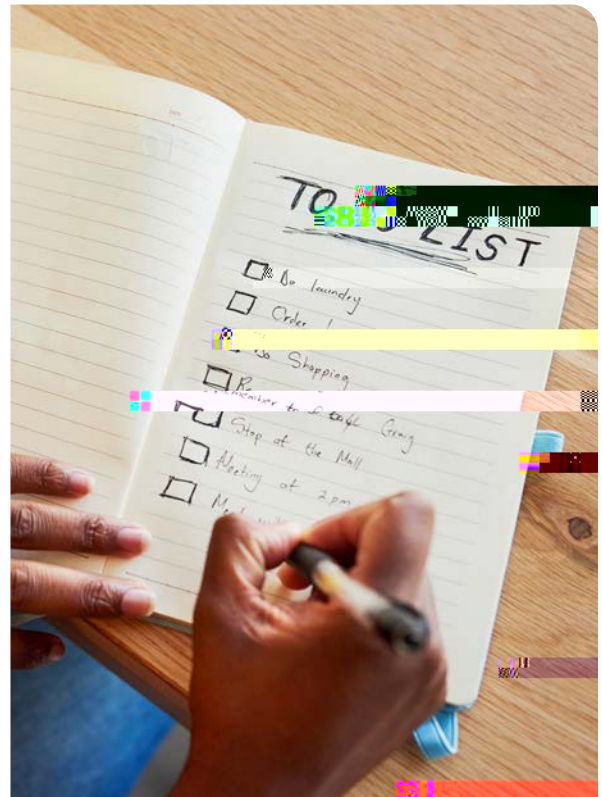




- Practice relaxation techniques.
- Do a hobby you enjoy.

How can I reduce the amount of stress in my life?

hour traffic.



- 1 Call 1-800-AHA-USA1 (1-800-242-8721) or visit heart.org to learn more about heart disease and stroke.
- 2 Sign up for our monthly *Heart Insight* e-news for heart patients and their families at HeartInsight.org.
- 3 Connect with others sharing similar journeys with heart disease and stroke by joining our Support Network at heart.org/SupportNetwork.

Do you have questions for your doctor or nurse?

Take a few minutes to write your own questions for the next time you see your health care professional.

For example:

How can family and friends help?

Are there relaxation techniques you would recommend?

