UNDERSTAND THE LINK!
STRESS AND HEART HEALTH.

Stress puts your health at risk.

Studies have linked stress to changes in the way blood forms clots, which makes a heart attack more likely.

Research has found that men who reported high levels of stress were twice as likely to die of a stroke compared to those who reported low stress levels.

Lower your risk of heart disease with these simple stress management tips:

- **Have a laugh.** Laughter has been found to lower levels of stress hormones, reduce inflammation in the arteries, and increase 'good' HDL cholesterol.
- **Listen to it.** Listening to soothing music can lower blood pressure, heart rate and anxiety. On the flip side, blow off steam by rocking out to more upbeat tunes or singing at the top of your lungs.
- **Meditate.** This practice of inward-focused thought and deep breathing has been shown to reduce heart disease risk factors such as high blood pressure.
- **Exercise.** Exercising not only melts away stress, it also protects against heart disease by lowering blood pressure and strengthening the heart muscle.

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