



National University  
Heart Centre  
Singapore

# Stress Management

## Journey to a Healthy Heart

Educational resources by NUHCS

# Outlines

- Know Your Heart
  - ❖ What is Coronary Artery Disease (CAD)?
  - ❖ What is Atherosclerosis?
  - ❖ Treatments for CAD / Heart Attack
  - ❖ Risk Factors for Heart Disease
- Activity Restrictions after a Heart Attack
- Management of Chest Pain
- Heart Medications
- Physical Activity and Cardiac Rehabilitation Program
- Heart Healthy Diet
- **Stress Management**
- Smoking Cessation

# Disclaimer

Information from this section has been adapted from **HealthHub** as the following:

<https://www.healthhub.sg/live-healthy/426/10easywaystomanagestress>

[https://www.healthhub.sg/live-healthy/425/understanding\\_stress](https://www.healthhub.sg/live-healthy/425/understanding_stress)





# Stress Management

*Adapted from healthhub*

- Long-term activation of your body's stress response system, which is also known as "fight-or-flight" response, contributes to health issues through direct or indirect mechanisms, including anxiety, depression and heart disease.
- You may also experience feelings of depression, anxiety or fear because of your heart disease. Such emotional stress may worsen your symptoms.
- Hence, it is important that you:
  - ❖ learn to recognise these emotions
  - ❖ take positive steps to cope with life stressors



# Signs of Stress

## Physical Signs

- Health problems such as frequent headaches or backaches
- Muscle tension
- Trouble sleeping at night
- Fall sick easily
- Loss of appetite

# Signs of Stress

## Mental Signs

- Trouble concentrating
- Forgetful
- Mental block
- Sensitive to criticism
- Lack self-confidence



# Signs of Stress

## Behavioural Signs

- Resort to aggressive behaviour (e.g. hitting, bullying others) to solve problems
- Lose interest in activities easily
- Stay away from friends
- Avoid tasks
- Easily distracted, careless or accident-prone
- Restless
- Nervous habits, e.g. stammering or biting nails



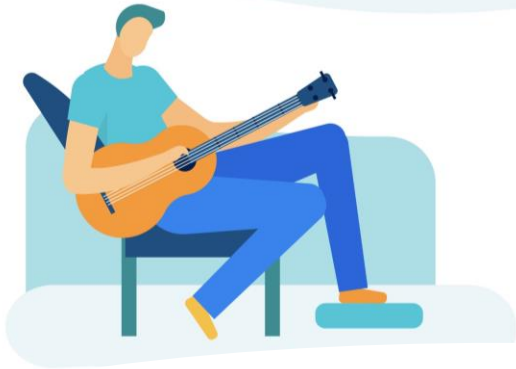
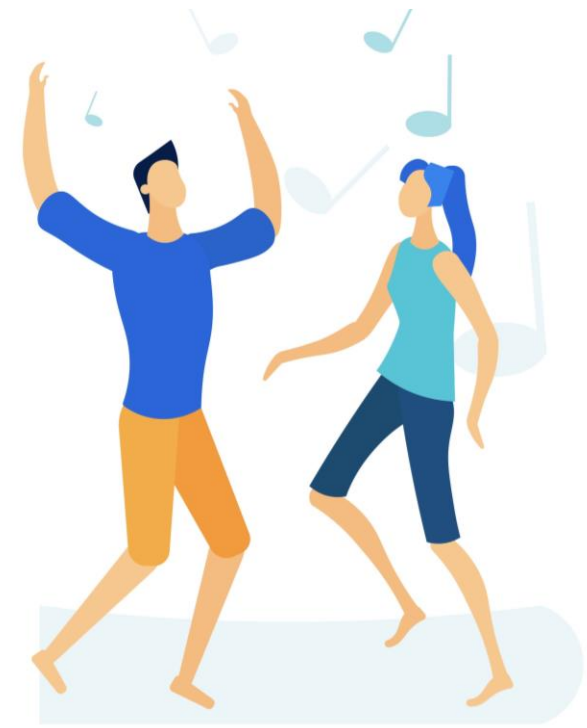
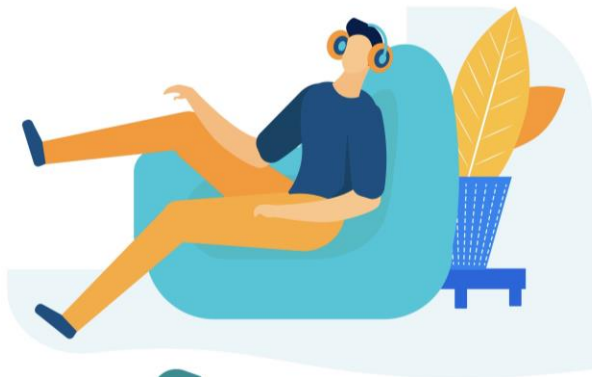


# Signs of Stress

## Emotional Signs

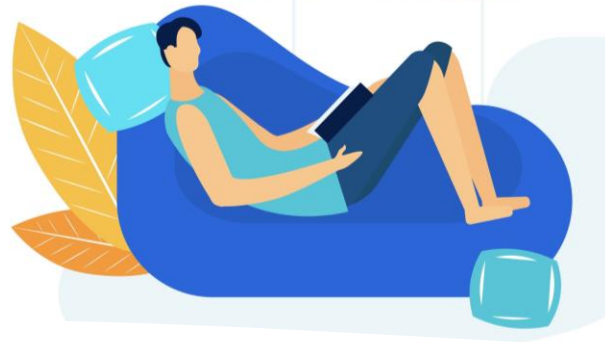
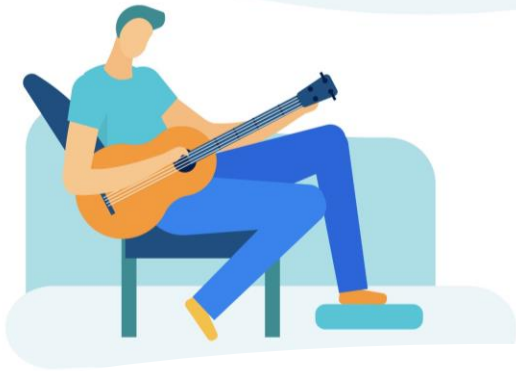
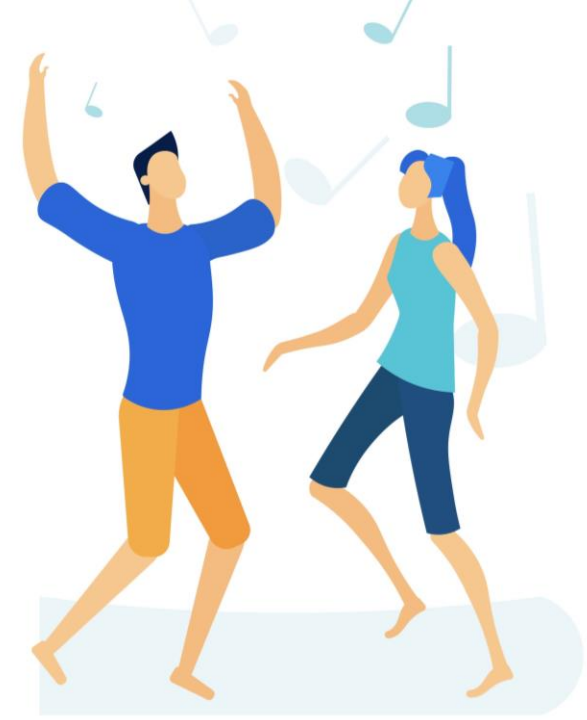
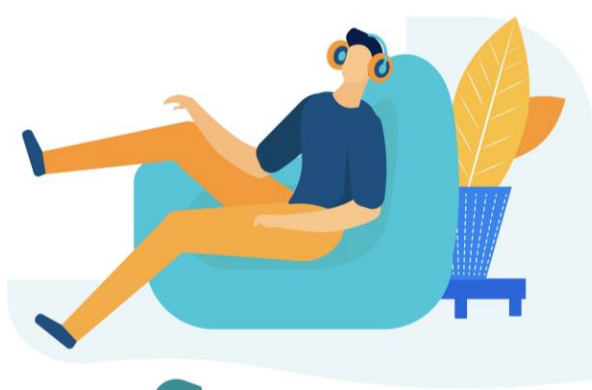
- Feel sad or depressed
- Easily angered or irritated
- Worry a lot
- Afraid of something
- Experiencing a sense of hopelessness





# 10 Ways to Manage Stress

1. Plan Your Time Well
2. Be Realistic About What You Can Do
3. Be Thankful
4. Make Some Time for Yourself
5. Spread Out the Changes in Your Life



# 10 Ways to Manage Stress

6. Spend Time with Your Family and Friends
7. Stay Physically Active
8. Learn Some Relaxation Techniques
9. Have a Healthy Diet
10. Get Enough Sleep



## Clinical Services

- The NUHCS cardiac rehabilitation team works closely with occupational therapists and psychiatrist to screen, monitor and provide necessary advice or treatment to heart patients.
- Please let us know when you experience low mood or anxiety.



The **Caring Heart Support Group (CHSG)** is a voluntary initiative by patients of NUHCS. The support group is established with the aim to support one another in the journey to remain heart healthy.

**Vision and Mission:**

To build an inspiring and caring heart patient support group that brings positive changes to the lives of heart patients and the community.





For more information or to be a member,  
please contact support group coordinator:

**Magdelene Chia at [mchia@kucinta.com](mailto:mchia@kucinta.com)**



# Thank you.

