

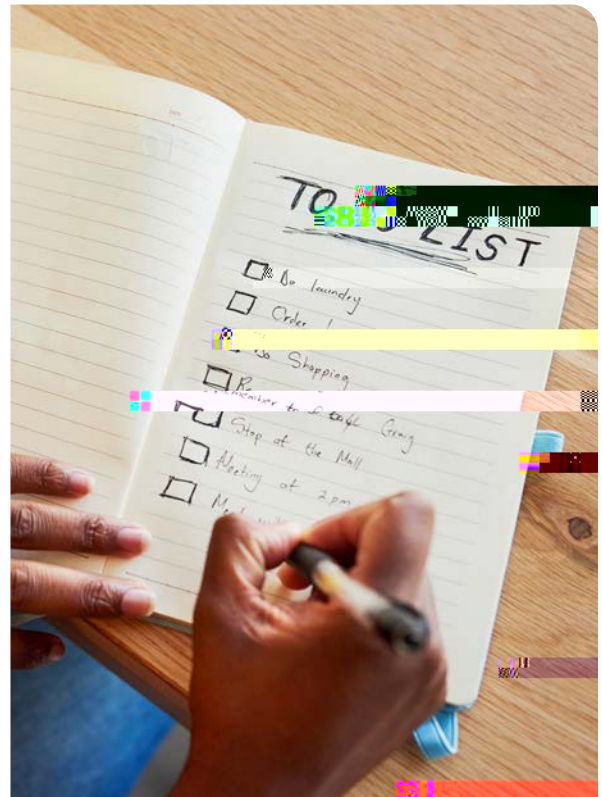




- Practice relaxation techniques.
- Do a hobby you enjoy.

## 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](http://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](http://HeartInsight.org).
- 3 Connect with others sharing similar journeys with heart disease and stroke by joining our Support Network at [heart.org/SupportNetwork](http://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?**

