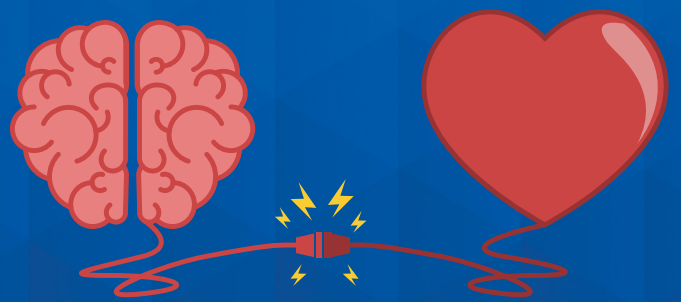


Healthy Mind, Healthy Heart



Research has shown that your mind affects your body, and your body affects your mind. Depression, anxiety, and stress can decrease your heart health by increasing adrenaline and cortisol, which elevate your blood pressure and heart rate. In turn, decreased heart health can lower your mood and increase your anxiety and stress.

Here are some things you can do to avoid a negative cycle and strengthen a healthy mind/body connection to feel better and live longer:

Find Support:

- Talking about your stressors with a listening ear can lighten the burden
- Stay active
- Ease your mind with activities like exercise, gardening, and walking in nature
- Connect socially
- Do fun activities with your partner, family, or friends – virtually or in-person when it's safe. As we know, friends are good medicine!
- Take care of yourself
- Eat healthy meals
- Exercise regularly
- Get plenty of rest
- Engage in mindfulness practices (e.g., meditation, coloring, and more)
- Eliminate tobacco use. Quitting tobacco reduces the risk of cancer and can add to your life expectancy. Plus, tobacco cessation can save you money!

For more tips, information, and coaching, contact Cascade:

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