



# ROAD TO RECOVERY

## After a Heart Attack: The second week and beyond

### GET SUPPORT

It is normal to have a range of emotions throughout your recovery. This is a life changing event! Connecting with others who have been through it can be helpful. Access the online support network through the American Heart Association at [supportnetwork.heart.org](https://supportnetwork.heart.org). If you are struggling to get through your daily necessities due to emotions, fear, anxiety you may also benefit from professional support.



### REDUCE STRESS

Too much stress can slow your recovery or affect other things you are trying to change in your life. Find things that help you combat stress and make the time to do them!

One size does not fit all, but here are some ideas to think about to help reduce stress:

- Get enough sleep
- Exercise
- Meditation
- Pet Therapy
- Hobbies: art, music, gardening...
- Connect with others



### STOP SMOKING

Smoking cessation is one of the best things you can do to increase your quality of life. To raise your odds of permanently quitting: use temporary quit medications, create a support system, and obtain counseling or coaching for effective quit skills from a health care provider. For more information visit: [www.medicare.org/tobacco-cessation/](https://www.medicare.org/tobacco-cessation/)



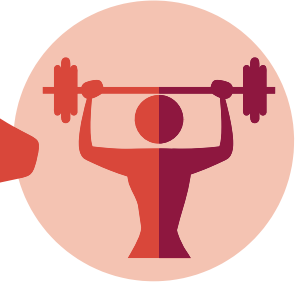
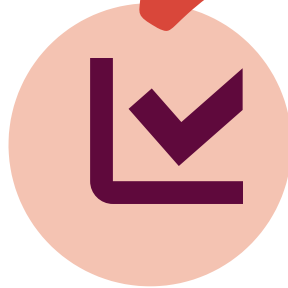
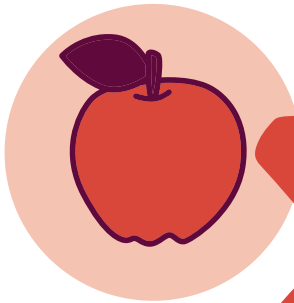
Your path may wander but will find the way!

## EAT HEALTHY

Healthy eating is important to support your heart health over the long term. We recommend changes that are in line with the Mediterranean style diet.

Here are some starting points:

- Eat more fresh vegetables and fruits.
- Eat lean proteins such as fish, poultry, beans, and peas.
- Eat less red meat and processed meats.
- Replace processed grains with whole grains.
- Use low-fat dairy products.
- Use vegetable and nut oils in limited amounts. Replace these with healthier choices such as olive oil.
- Limit sweets and processed foods such as chips, cookies, and baked goods.



## GET ACTIVE

Being active and engaging in exercise helps decrease stress and helps you live longer. Find activities that you enjoy. Find a partner to join you with your exercise.

Here are some starting points:

- Start slow and increase your activity as approved by your doctor.
- Begin with walking 5-10 minutes multiple time around your house or neighborhood.
- Work up to at least 150 minutes per week of exercise.
- It is fine to resume sexual activity after at least one week if you are not having any heart symptoms as you are increasing your exercise.

## KNOW YOUR NUMBERS

Talk to your healthcare providers about what your goals are for blood pressure, blood sugar, weight, and cholesterol levels. Work to reach and maintain these goals to reduce the risk of additional heart attacks.



**LIVE YOUR BEST LIFE!**