

COPING WITH CRISIS

Every 40 seconds in the United States, someone has a heart attack. That grim statistic is the same for stroke. But what happens next?



FOLLOW INSTRUCTIONS & COMMUNICATE



Keep to your rehab plan and take medication as prescribed.

Keep your health care team up to date about how you feel.

Make prevention a priority.

GET SUPPORT



Talk about feelings of anger, anxiety or depression.

Enlist friends or family to tag along on doctor visits.

Connect with other survivors through a formal group or support network.

ADJUST YOUR LIFESTYLE



Eat a heart-healthy diet and exercise.

Quit smoking.

Learn to manage stress.

Source: American Heart Association

