

# The Emotional Wellness Way To Cardiac Health How Letting Go Of Depression Anxiety

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### **Uncovering the link between emotional stress and heart**

A small almond shaped area deep inside the brain called the amygdala is involved in processing intense emotions such as anxiety fear and stress Now a new brain imaging study reveals how heightened activity in the amygdala may trigger a series of events throughout the body that raises heart attack risk

### **Emotional Wellness – A ‘Cure’ for Depression**

Clinical depression can last weeks months and even years Depression is characterized by a low mood feelings of hopelessness anxiety apathy loss of interest in even pleasurable activities inability to concentrate lack of energy and changes in appetite and sleeping patterns Depression is one of the most treatable forms of mental disorders

### **Best Self Help Books for Mental Health and Anxiety**

We all go through periods of anxiety and stress In addition to therapy and medication self help books can be a solution if you are looking to change your mindset and cope with symptoms

### **Teen Stress Workbook Whole Person**

and lowers muscle tension blood pressure and heart rate levels Psychologically writing reduces feelings of sadness depression and general anxiety and it leads to a greater level of life satisfaction and optimism Behaviorally writing leads to enhanced social skills emotional intelligence and creativity

### **Dealing With Stress Anxiety and Depression**

Dealing With Stress Anxiety and Depression Stress anxiety and depression can get in the way of your health If coping becomes difficult VA is here to help Talk with your primary care provider Here are some self management coping tips Change Your Thinking € Your mood sad nervous stressed etc comes from your

### **Stress anxiety depression can lead to heart disease**

The connection between heart health physical fitness and emotional balance is a much anxiety or depression overload there is evidence of a two way relationship between heart disease and

### **Many Emotions Can Damage the Heart WebMD**

Many Emotions Can Damage the Heart Most people know that anger is bad for your heart s health but loneliness and depression affect your heart too

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