

# Community Toolkit: Heart Health & Mental Health



## Social Posts and Graphics

The following social media posts and graphics can be used on your social feeds to inform your constituents and members of the community about the connection between heart health and mental health.

The following content may be included in the posts or you may also link to your own web page or resources:

- Hashtags: #hearthealth #happyheart #mentalwellbeing #wholepersonhealth
- American Heart Association Article: <https://www.heart.org/en/healthy-living/healthy-lifestyle/stress-management/stress-and-heart-health>
- Florida Blue Mental Well-Being Resources: [floridablue.com/mentalwellbeing](http://floridablue.com/mentalwellbeing)
- Video Resource: Small Steps with Dr. Nick Dewan: <https://small-steps-to-a-better-you.videoshowcase.net/4-dr-dewan-impact-of-stress?category=193771>

### SOCIAL POSTS

Keeping your heart healthy is about more than what we eat or how much activity we get. How we **feel** can impact our heart health. Chronic stress, depression and anxiety can lead to increased risk of heart attack or stroke. But a positive state of well-being is associated with a lower risk of developing heart disease. Check out this article from the [American Heart Association](http://AmericanHeartAssociation.org) or visit [floridablue.com/mentalwellbeing](http://floridablue.com/mentalwellbeing) for more information.

Feeling positive is good for your heart. It's true. A positive state of well-being is associated with a lower risk of developing heart disease. Check out this article from the [American Heart Association](http://AmericanHeartAssociation.org) or visit [floridablue.com/mentalwellbeing](http://floridablue.com/mentalwellbeing) for more information.

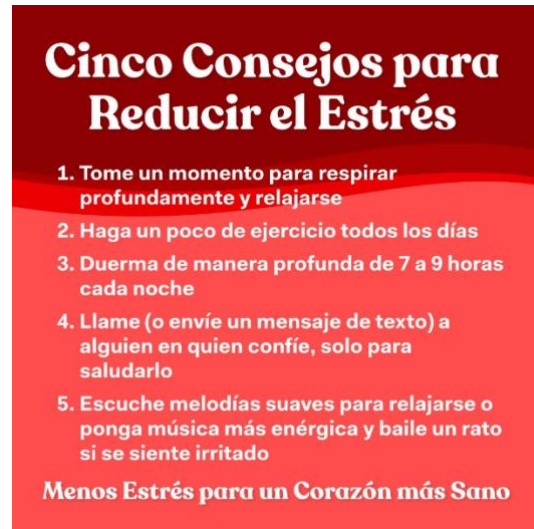
### Five Tips to Reduce Stress Graphic



**Five Tips to Reduce Stress**

1. Take a moment for a few deep breaths to relax
2. Move your body a little every day
3. Get good sleep for 7 -9 hours a night
4. Connect with someone you trust just to say (or text) hello
5. Find your jam with soothing sounds or music to dance off frustration

**Stress Less for a Healthier Heart**



**Cinco Consejos para Reducir el Estrés**

1. Tome un momento para respirar profundamente y relajarse
2. Haga un poco de ejercicio todos los días
3. Duerma de manera profunda de 7 a 9 horas cada noche
4. Llame (o envíe un mensaje de texto) a alguien en quien confíe, solo para saludarlo
5. Escuche melodías suaves para relajarse o ponga música más energética y baile un rato si se siente irritado

**Menos Estrés para un Corazón más Sano**

[Download .zip file of social media graphics for Instagram, Twitter, Facebook and LinkedIn \(English & Spanish\)](#)

### Mental Health Benefits Graphic



**People with positive mental health have a lower risk of heart disease and are more likely to have:**

- Lower blood pressure
- Better glucose control
- Less inflammation
- Lower cholesterol



**Happy Brain, Healthy Heart**



**Las personas que mantienen una actitud mental positiva presentan un menor riesgo de enfermedades cardíacas y son más propensas a tener:**

- Presión arterial baja
- Mejor control de la glucosa
- Menos inflamación
- Colesterol más bajo



**Mente Tranquila, Corazón Sano**

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