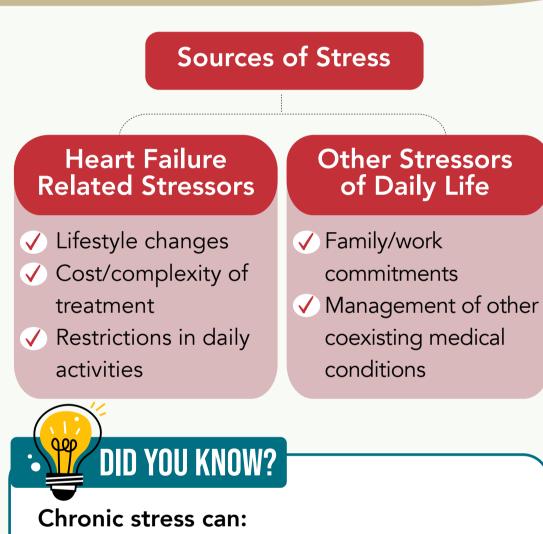
MANAGING **PSYCHOLOGICAL STRESS IN HEART** FAILURE PATIENTS



Patients with heart failure often experience psychological stress because managing their condition can be complicated, together with the decline of their bodily functions over time. They often have to deal with frequent symptom flare-up and hospital stays.



- Increase blood pressure
- Increase cholesterol level
- Increase blood sugar
- Promote buildup of plaques in your arteries

SIGNS & SYMPTOMS

Physical:

- 1. Fatigue
- 2. Headaches
- 3. Fast heartbeat

Emotional:

- 1. Feelings of sadness/despair
- 2. Feeling irritable
- 3. Difficulty in concentrating on a task

Mental:

- 1. Forgetfulness
- 2. Confusion
- 3. Difficulty concentrating/ making decisions

Behaviourial:

- 1. Restlessness
- 2. Change in eating and sleeping habits
- 3. Difficulty concentrating/ making decisions

Do not hesitate to seek professional help if you think you are experiencing any of these symptoms!

MANAGEMEN



Regular

exercise



Eating a healthy diet





Seeking social support from family and friends

In collaboration with Department of Physiotherapy, Department of Cardiology and Department of Nursing Specialty (Cardiology)

Getting sufficient sleep

Avoiding smoking

Tan Tock Seng Air Master by HOSPITAL

