



Healthy habits, happy heart

You can help avoid future heart problems by managing your stress, keeping up with your screenings and applying the “SELF” principle. The same habits that help keep your heart strong also reduce your risk for other conditions — improving your overall total health!

Manage stress

With challenges in the world like climate change, political unrest, and an ongoing pandemic, it's no wonder we are seeing more stress related cardiac events. Building resilience and managing stress is more important than ever, not only for your heart health but your total health. Kaiser Permanente has many resources to help you manage stress such as guided meditations, self-care tools, and [mindfulness and wellness resources](#).

Visit kp.org/heart

Don't forget your screenings

We're seeing patients with further advanced heart disease as many haven't seen their doctor in person recently. It's important you don't miss your preventive screenings and don't delay health treatment if you're experiencing a problem. Be sure to keep on top of your medications through our mail order prescription service on kp.org. If you're over 50 and haven't had your cholesterol checked in the last 18 months or seen your doctor, make a virtual health appointment at kp.org today.

Apply the SELF principle

Based on five simple steps for a healthy heart, the first step of the SELF principle is to get between 7-9 hours of sleep. The second step is to reduce your sitting time by moving more throughout the day. The third step is to floss! That's right, who knew that flossing keeps the bacteria from inflaming the blood vessels and heart. Step four: don't smoke, no surprise there. And finally, step five is to aim for a healthy blood pressure under 120/80.