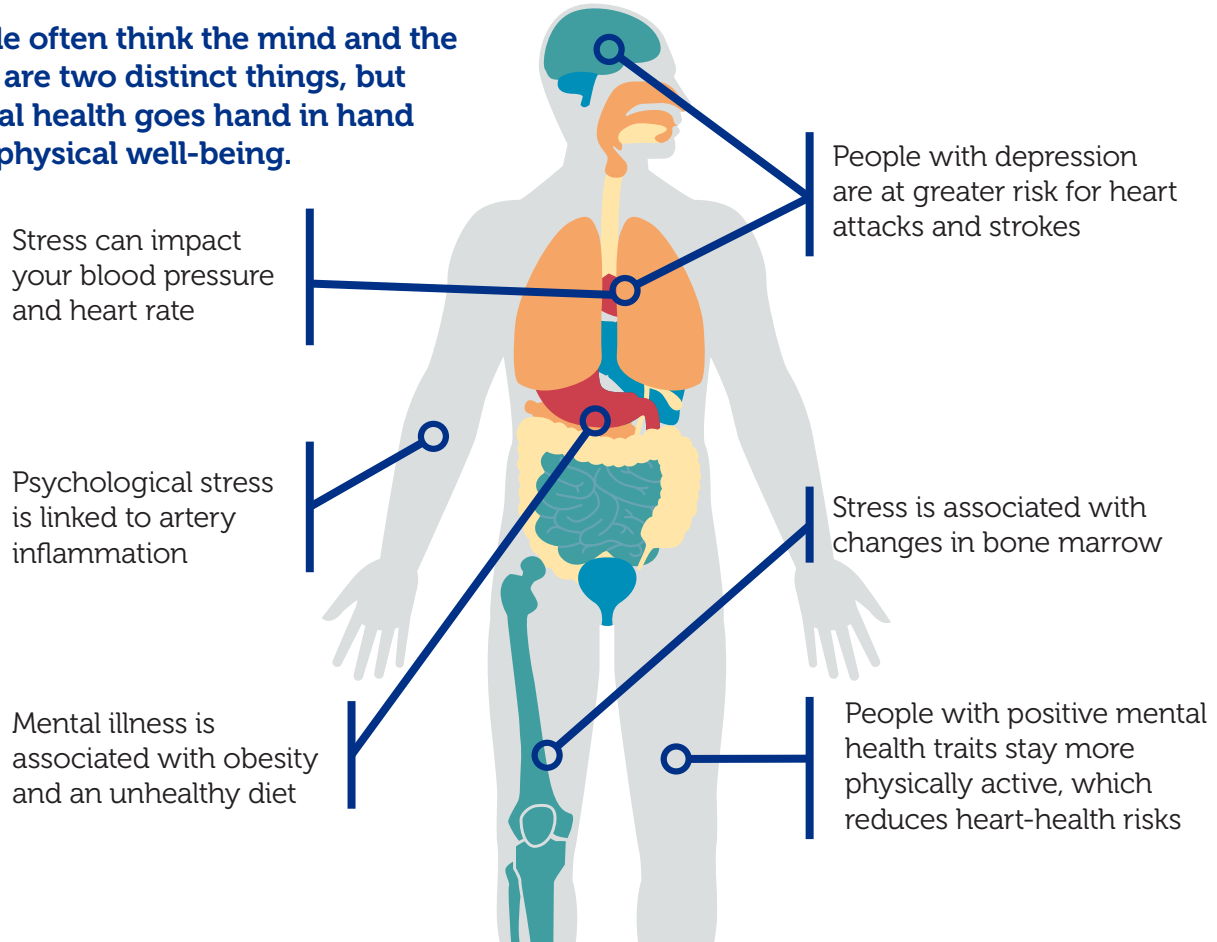


# Mental Health & Your Heart

Mental health includes our emotional, psychological and social well-being. It affects how we think, feel and act. It also helps determine how we handle stress, relate to others and make choices.

**People often think the mind and the body are two distinct things, but mental health goes hand in hand with physical well-being.**



Self-care activities that can help people improve their mental health include exercising regularly, eating a healthy diet, getting enough sleep, meditation, practicing mindfulness and reaching out to friends and family for support.

["Mental Health and Well-Being,"](#) American Heart Association, accessed September 28, 2021.

["Mental Health and Heart Health,"](#) American Heart Association, April 18, 2018.

["The head is connected to the heart – and can influence health,"](#) American Heart Association, January 25, 2021.

["Brain emotional activity linked to blood vessel inflammation in recent heart attack patients,"](#) American Heart Association, May 5, 2020.

["Relation between resting amygdalar activity and cardiovascular events: a longitudinal and cohort study,"](#) The Lancet, February 25, 2017.

["Nutrition and obesity in the chronic mentally ill,"](#) National Library of Medicine, February 1998.

["The head is connected to the heart – and can influence health,"](#) American Heart Association, January 25, 2021.

["My Mental Health: Do I Need Help?"](#) National Institute of Mental Health, accessed September 28, 2021.

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