

Action Steps for
Health & Happiness

Love is healthy for your heart

Heart health isn't just about not smoking and controlling cholesterol and blood pressure.

- Loving and feeling loved is vital to a healthy heart, as well as your overall well-being.
- Studies have consistently shown that:
 - Negative relationships raise the risk of heart problems.
 - Marriage lowers the risk of heart attack in both men and women of all ages.
 - People who hugged often showed lowered blood pressure and levels of stress hormones.

Plan to spend time with loved ones. Go on a date with your partner once a week. Have a weekly family outing or game night.

Yes 

Say, "I love you," "I care about you," and "You mean a lot to me." Give hugs. Cuddle a pet.

No 

Don't spend too much time on your smart phone and other devices if it leads to neglecting loved ones.

