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Key habits to protect your heart

Taking care of your physical and mental health are both important to maintain heart health. Exercising, eating a heart-healthy diet, checking your blood pressure and cholesterol, and sticking with prescribed heart medications are all extremely vital. So is engaging in ways to manage stress. Unmanaged, chronic stress can increase anxiety and depression and contribute to heart disease. In recognition of heart health month, here are some helpful suggestions.

[Find out more](#)



Spread love and kindness in all that you



Mindfulness On and Off the Job

do

Love yourself—and others—no matter what! Easier said than done, right? This skill is a foundational part of mindfulness and well-being. Only when we're able to achieve this level of understanding, love and freedom from judgment for ourselves and others can we truly reach total well-being. This can help improve our physical and mental health as well as connections to one another. Read on to learn more!

These days, when normal routines continue to be disrupted, it's easy to get distracted by the news, surrounding activities and your own thoughts and worries, making you feel anxious. Practicing mindfulness—learning to pay full attention to the moment—can help you feel more focused, calmer, in control and productive, no matter what job or task you're doing.

[Find out more](#)

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Heart Health Month



What will you do to honor the month? Get your blood pressure checked? Do a stress-lowering activity? For heart-healthy ideas, visit: <https://www.nhlbi.nih.gov/health-topics/education-and-awareness/american-heart-month/about>



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