Stress, anxiety & depression have real physical effects on your body

**FAT CELLS**
- Become converted into cholesterol

**HEART RATE**
- Can become irregular, develop palpitations

**PLATELETS**
- Become “sticky” and build up in arteries

**BLOOD PRESSURE**
- Can increase for periods of time

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**AM I AT RISK?**

- **20 PERCENT** of heart patients experience clinical depression.
- **23 PERCENT** of Canadians experience high levels of daily stress.

**WHAT CAN I DO?**

- Be physically active every day
- Learn relaxation skills
- Share your fears & worries with someone

Learn about coping strategies. Consider participating in a support program to educate yourself, alleviate some worries, and get answers to your questions. Talk to your doctor or a mental health professional about proven treatments for stress, anxiety and depression.

Seek support from family, friends & support groups.