

Heart & Mind





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Victoria Buhl

Community Impact Director
for Northern New Jersey



**American
Heart
Association®**

Laverne Williams

Former Director and
Founder of PEWS Programs



**Mental Health
Association in
New Jersey, Inc.**

HEART HEALTH

Reducing your risk & staying healthy

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What is Cardiovascular Disease?

- It can refer to many conditions – including heart attack, stroke, heart disease, heart failure, and arrhythmia
- It is also the #1 cause of death in the United States
- It affects people of all ages, races, ethnicities, genders, etc.





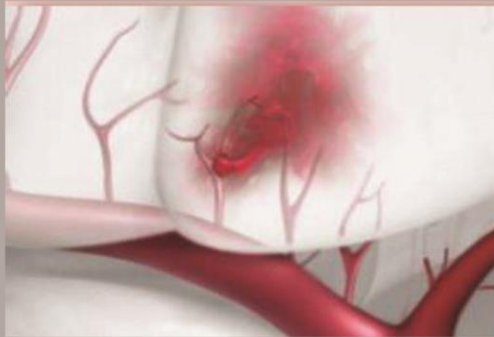
Stroke Facts

Stroke is the No. 5 cause of death in the U.S. & No. 2 in the world.

Ischemic Stroke



Hemorrhagic Stroke



Spot a stroke
F.A.S.T.

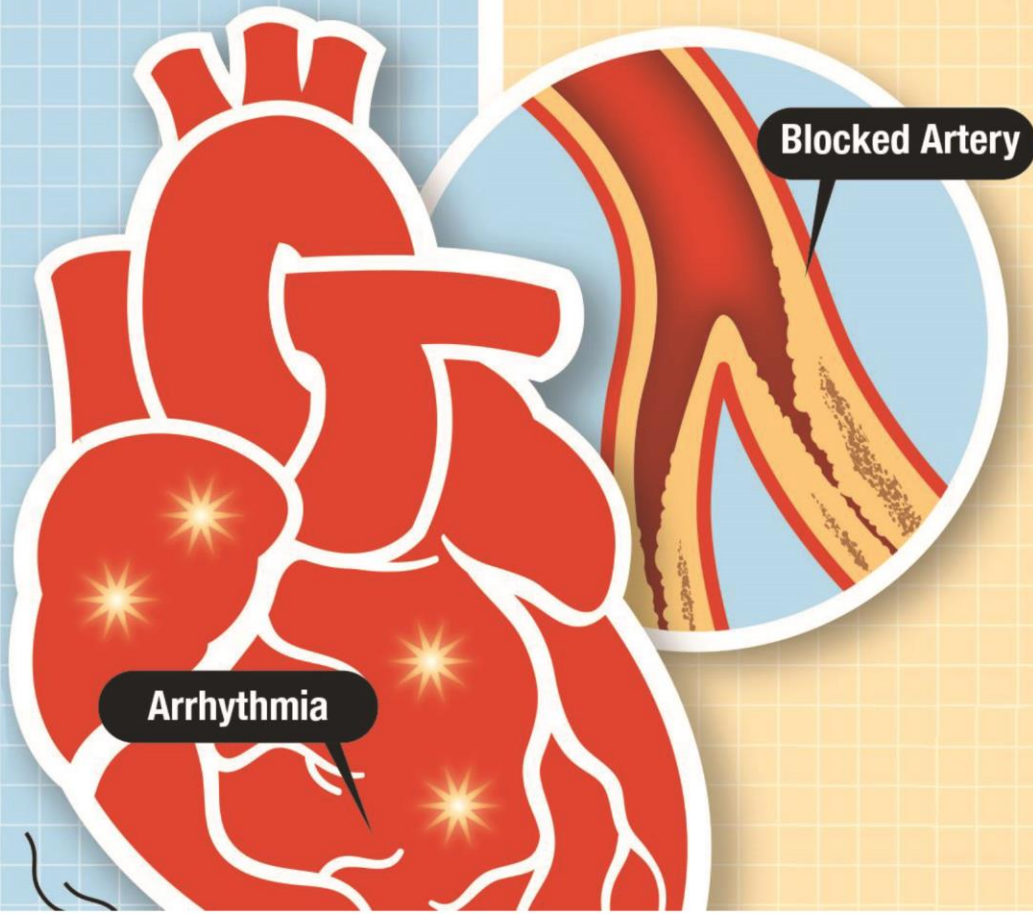
- F.** Face Drooping
- A.** Arm Weakness
- S.** Speech Difficulty
- T.** Time to Call 9-1-1



Cardiac arrest is an
“ELECTRICAL”
problem.



A heart attack is a
“CIRCULATION”
problem.



Cardiac Arrest vs. Heart Attack

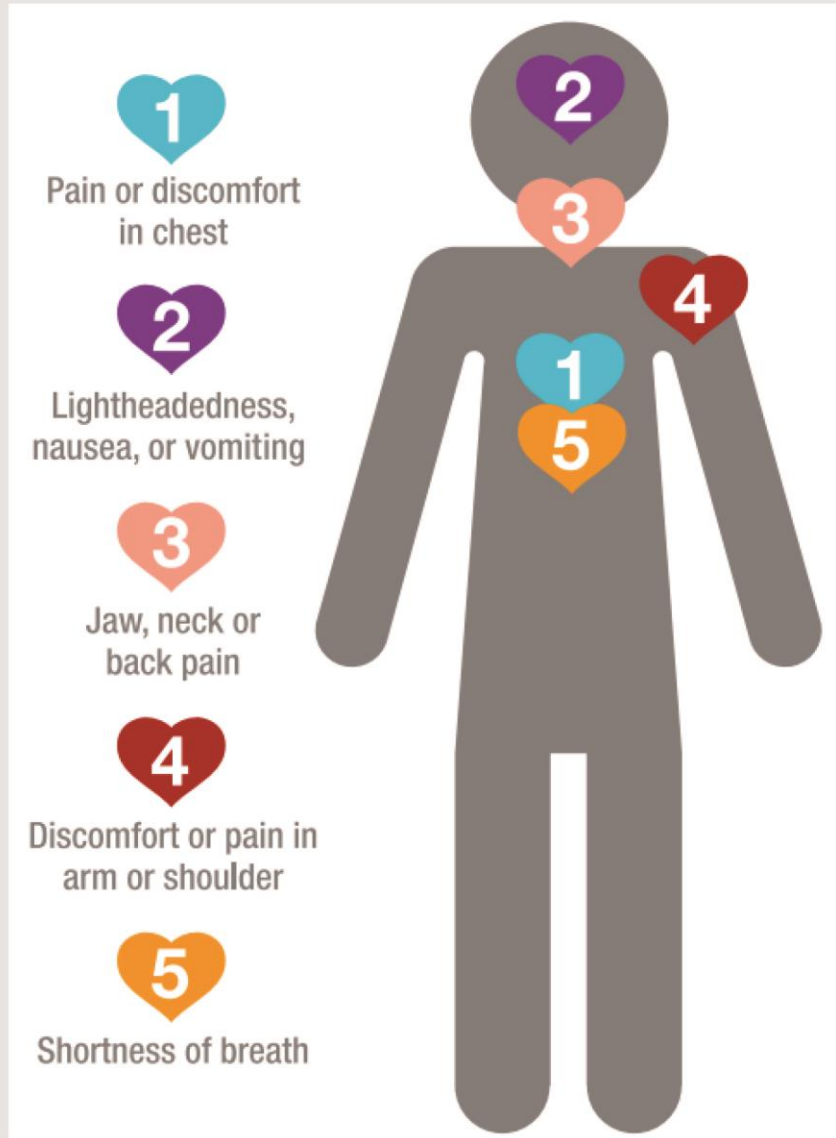
In a cardiac arrest emergency:

- A person becomes unresponsive within seconds, is not breathing, or is only gasping. Death occurs within minutes if the victim does not receive treatment.
- Call 911 and start CPR right away. If available, use an AED.

With a heart attack:

- Symptoms may be immediate and may include intense discomfort in the chest or other areas of the upper body, shortness of breath, cold sweats, and/or nausea/vomiting.
- Call 911. While waiting for EMS to arrive, give the patient an aspirin to chew and swallow.

Heart Attacks in Women



- Heart attack symptoms may present differently in men and women.
- Although women may also feel chest pressure, pain, or discomfort, it's often less intense than in men and not always the primary symptom.
- The array of symptoms in women is much broader
- Women experiencing a heart attack may also feel
 - Jaw, neck, or back pain
 - Dizziness
 - Nausea
 - Indigestion or heartburn
- If you feel any of these symptoms, even if they go away and come back, call 911.



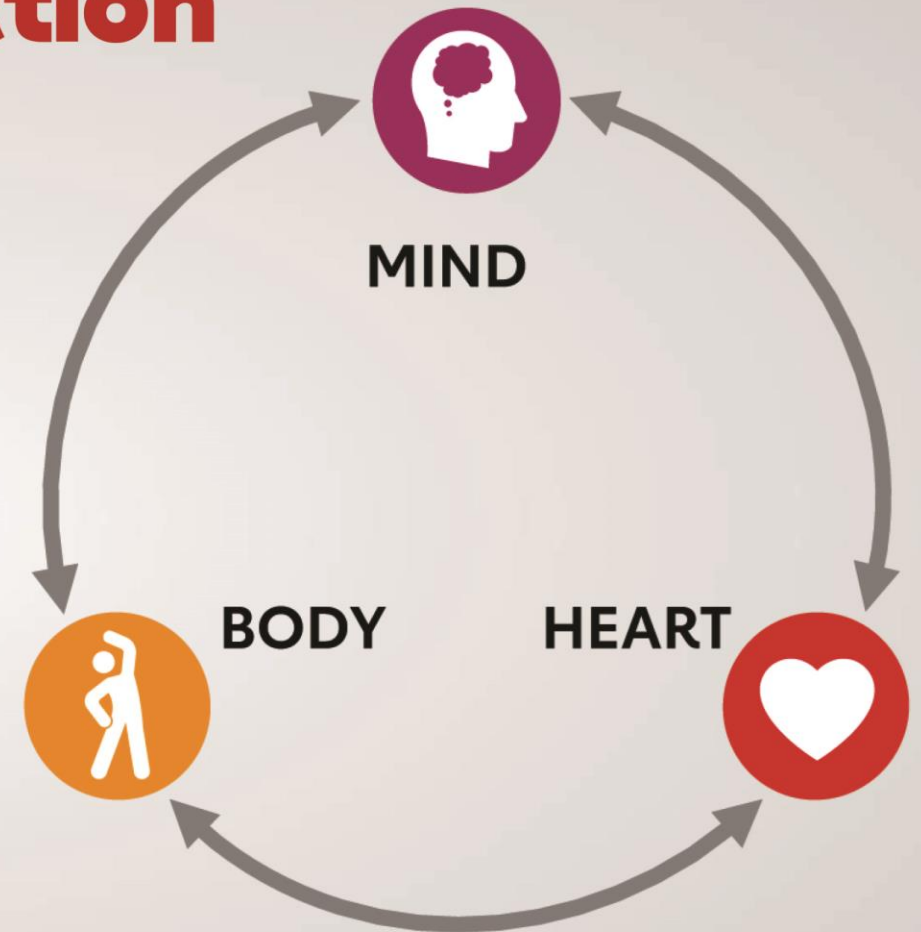
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Controlling Hypertension

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)	and/or	DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 – 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 – 139	or	80 – 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
<u>HYPERTENSIVE CRISIS</u> (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

Mind, Heart, Body Connection

- The mind, heart, and body are connected
- Factors that affect one can affect the other two — the impact can be positive OR negative
- Managing your health markers and health factors can have profound benefits to your overall health





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This can cause a domino effect

Depression can lead to poorer
diet and less exercise

Less exercise and poor diet
can lead to heart disease

Heart disease can
increase risk of depression



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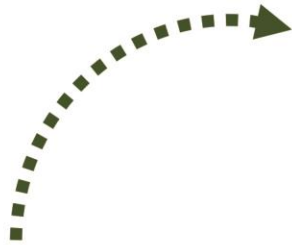




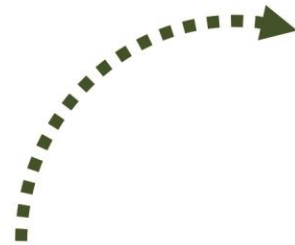
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It can also start a positive chain reaction

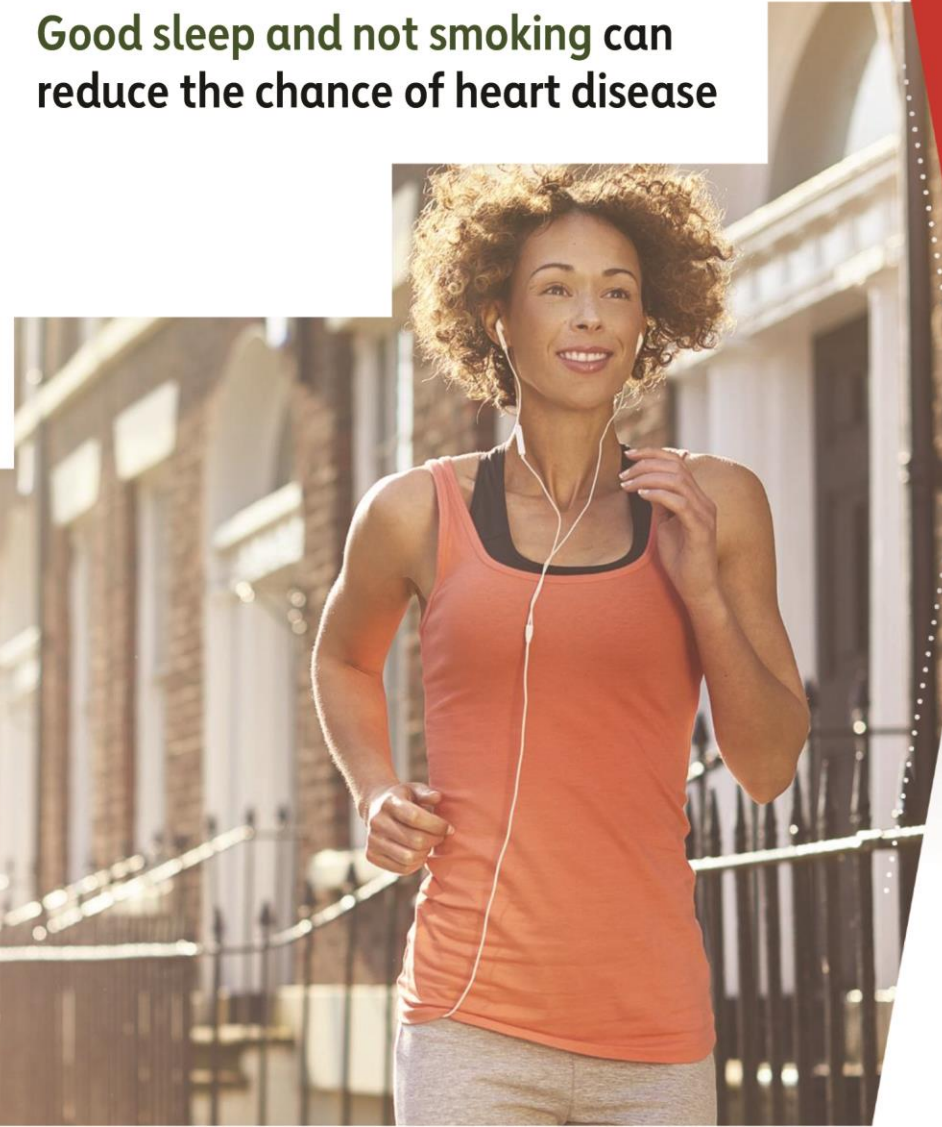
Exercise and a healthy
diet can boost mood



Happiness can lead to better
sleep and not smoking



Good sleep and not smoking can
reduce the chance of heart disease



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You don't have to look far to see the impact



Up to 80% of doctor visits are
for conditions related to stress



Daily and traumatic stress
can increase CVD risk



People who sleep 7-8 hours
have less depression
and anxiety



An optimistic mindset may
lower risk of heart attack,
stroke and death



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Exercise is so good for you

- Floods your brain with feel-good chemicals and improves mood
- Weekly exercise boosts your ability to fight off illness
- Can lower blood pressure, reduce risk of heart attack and stroke, and control blood sugar
- Can improve sleep





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Fuel a good mood

- Fruits, veggies, grains and lean meats can keep depression at bay
- Happiness from 8 portions of fruits and veggies a day was equal to the joy of finding a job
- Fruits and veggies are linked to higher levels of happiness
- Chocolate may improve mood and reduce tension (dark is best)
- Omega-3 Fatty Acids, found in fish and nut oils, may reduce the risk of depression





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Sleep on it

Sleep affects almost every tissue in your body.

It can:

- Heal and repair cells, tissues and blood vessels
- Strengthen your immune system
- Lower risk of chronic disease
- Improve mood and increase energy
- Make you more creative and productive
- Improve alertness, learning and memory





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Mind-heart-body connection



The mind, heart and body are so interrelated, improving one can improve the others



Well-being is not just the absence of disease. It's about creating a healthier, happier, and more fulfilling life



Improving psychological health with e.g. optimism, gratitude and purpose leads to better heart and brain health



Small changes make a big difference. Start now with something you enjoy



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How will you start?

Set a
bedtime alarm



Get some
fresh air



Move
your body



Mention mental
health to your doc



Name one thing
you're grateful for



Make your next
snack a healthy one



Find a way to
help others



Take 3
mindful breaths

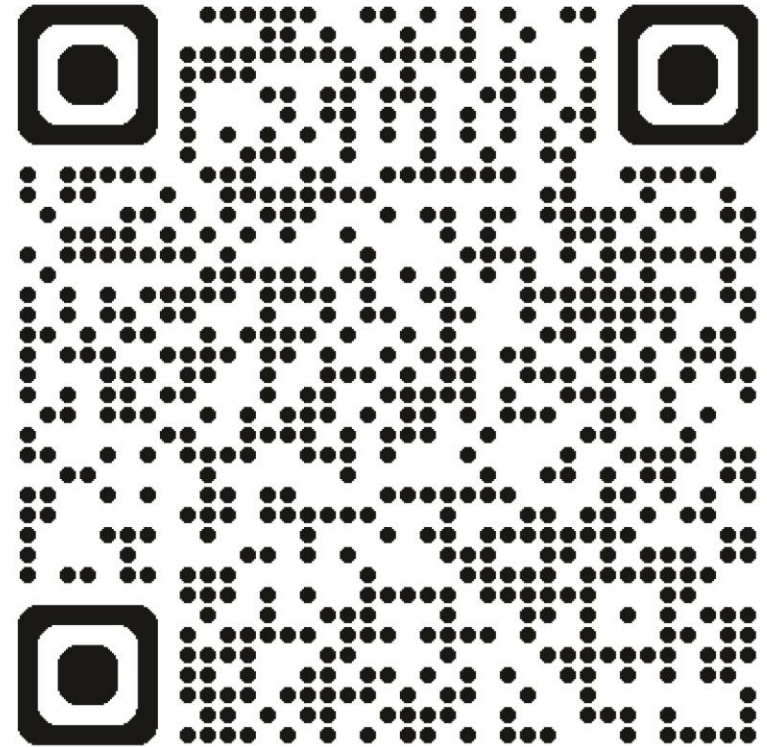




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Thank you!

www.heart.org





PEWS

Promoting Emotional Wellness
and Spirituality Programs



**Mental Health
Association
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What Is Mental Illness?

Mental illnesses can be caused by a chemical imbalance in the brain, situational factors such as a traumatic event like Covid-19, child abuse, or a combination of the two.

Mental illnesses can range from mild to severe and can change in severity over time. It can also be hereditary.



A mental disorder or mental illness
is a diagnosable illness that:

- Affects a person's thinking, emotional state, and behavior
- Disrupts the person's ability to:
 - Work
 - Carry out daily activities
 - Engage in satisfying relationships

Living, Loving, Laughing or Learning



Potential Signs and Symptoms of Emotional Challenges

- Delusions
- Hallucinations
- Paranoid thinking
- Disorganization
- Confusion
- Poor hygiene
- Isolation
- Sleep disturbance
- Mood swings
- Appetite change
- Suicidal thoughts
- Loss of interest in activities
- Undue worry/Anxiety

Signs Vs. Symptoms

Signs

- Decline in self care
- Repetitiveness
- Lack of energy
- Sleeping too much or too little
- Overeating or loss of appetite
- Weight loss or gain

Symptoms

- Changes in sleep and appetite
- Struggles with problem solving and/or decision making
- Problems with memory and recognition of familiar people, places and things
- Fear, suspicion and paranoia

Depression Vs. The Blues

- Illness
 - Multiple
 - Persists
 - Possible suicide
 - Specific
medical/psychiatric
treatment
- Normal reaction
 - Singular symptoms
 - Temporary
 - Suicidal thoughts - rare
 - Good listener
 - Time to heal

True or False:

Most People with
mental illness are
violent.

False

Reality Check!

The vast majority of people with mental illnesses are not violent. (2-3X more likely to be victims)

True or False:

More Women than
men suffer from
clinical depression.

True!

Twice as many women as men experience depression. It appears that females are more vulnerable to clinical depression than men.

Studies show that men are more likely to ignore symptoms of depression and try to cope with their emotional pain by turning to alcohol or drugs.

True or False

Dementia is a normal part of the aging process.

FALSE

Dementia may occur in individuals as part of their aging process, but it is not a “normal” part of aging.

Just like not everyone ends up with poor eyesight.

True or False

There is a high suicide rate among older adults.

TRUE

Although suicide attempts (SA) are more frequent among adolescents and young adults, older men and women show the highest suicide rate in almost all countries.

Vulnerability

- Medical/physical problems
- Loss of loved ones
- Children move away/limited contact
- Changing roles

Vulnerability

- Feeling less productive
- Caretaker for spouse/other loved one
- Increasing dependence on others
- Unable to do the things used to
- Financial concerns

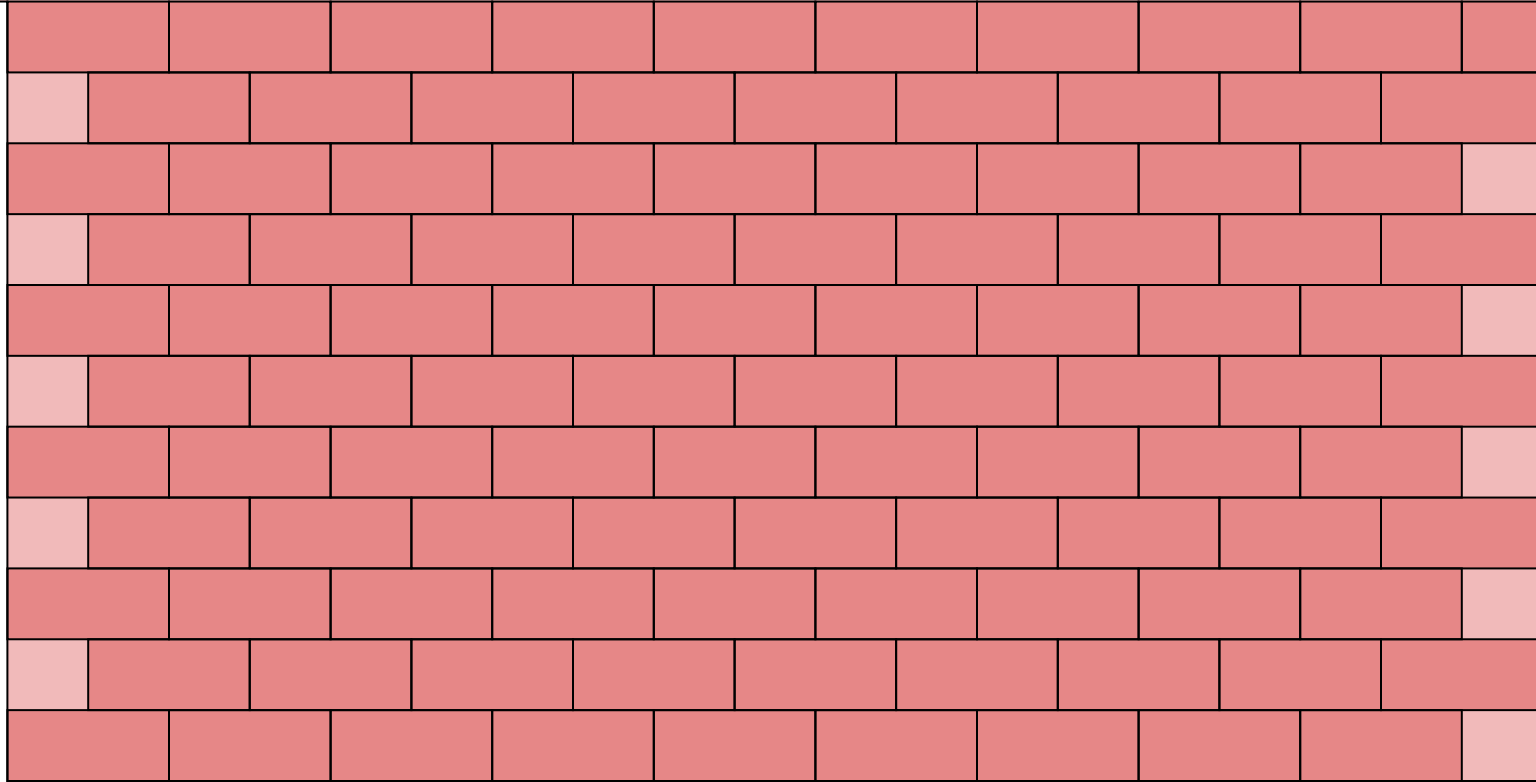
Attempts or talk of
suicide by older adults,
or anyone must
“ALWAYS” be taken
seriously!

Anxiety

- An anxiety disorder differs from normal stress and anxiety
- An anxiety disorder is more severe, lasts longer and interferes with daily activities and relationships:

Living, Loving, Laughing, Learning

Barriers to Treatment



- Denial
- Embarrassment
- shame
- Don't want/refuse help
- Lack of money/insurance

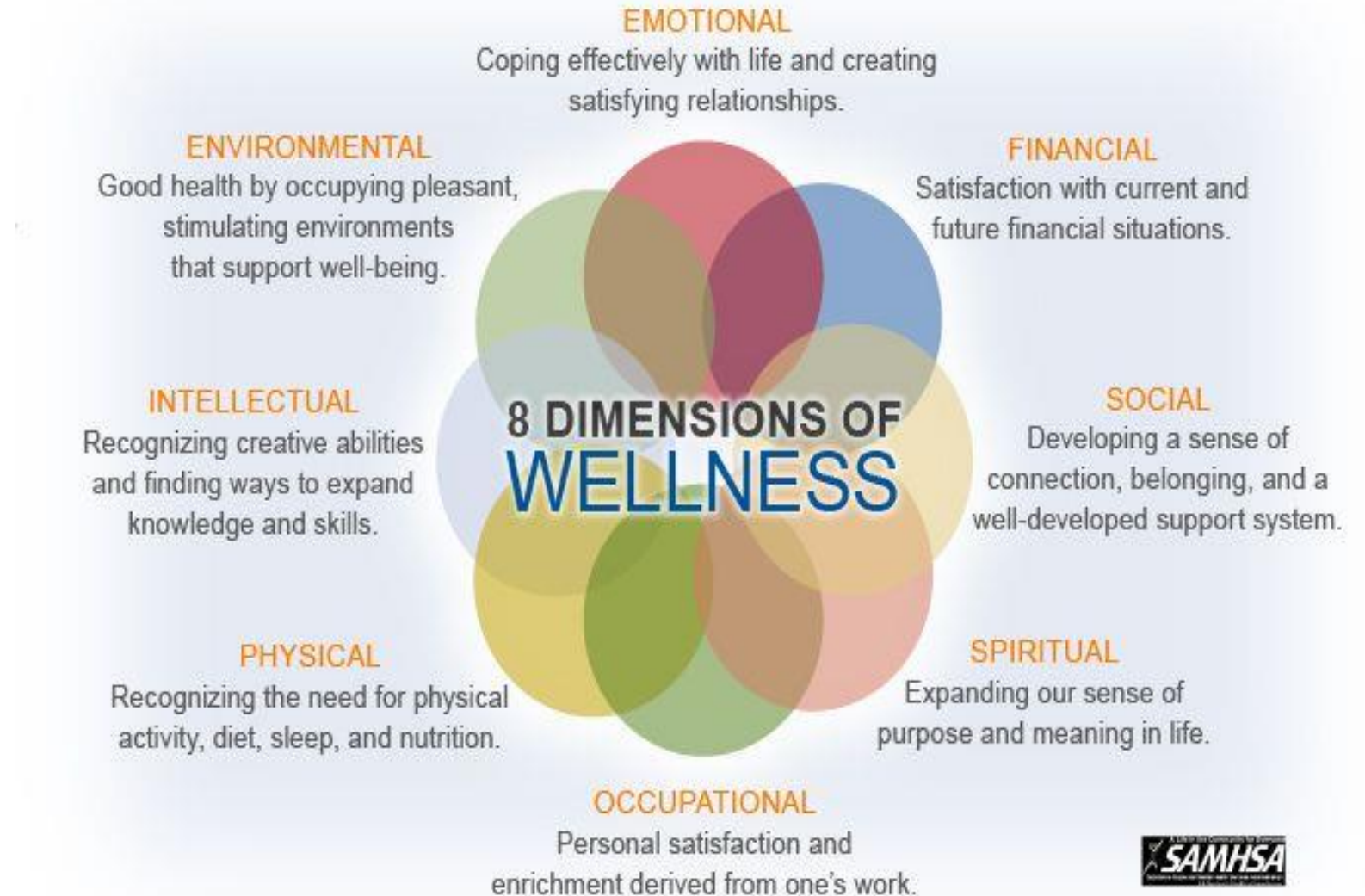
- Symptoms are often masked with substance abuse or other medical conditions.
- Rely on our religious communities to deal with emotional problems.

- I have a great family and supportive friends, I don't need to talk to a professional.
- If I seek mental health treatment, they're just going to give me some pills to take.

BALANCE



Maintaining an optimal level of wellness is absolutely crucial to living a quality life. It is important for everyone to achieve their best possible wellness in order to subdue stress, reduce the risk of illness and ensure positive interactions.



RESILIENCE

A silhouette of a person on the left is pulling a rope that is attached to the word 'IMPOSSIBLE'. The word is written in large, bold, black letters. The 'IM' part of the word is tilted and appears to be being pulled away from the rest of the word. The background is a sunset over the ocean, with a bright sun on the right side of the horizon. The sky transitions from blue on the left to orange and yellow on the right.

IMPOSSIBLE

Airplane Instructions For Life:

Airplane instructions tell you that if you are traveling with a small child and the oxygen mask drops down, put the mask over your own mouth first.

Think about how this applies to life outside the plane. No matter who depends on you, you can't really take care of anyone or anything unless you are taking care of "you" first! Remember, a **Check-up from the Neck-up** is as important as a physical Check-up!