

Show Your Heart a Little Love By Reducing Stress

Making healthy food choices and getting exercise are great for your heart, but managing stress is equally important. Stress stems from many things, ranging from bad traffic to finance problems. No matter the cause, it affects you negatively.



Change how you respond to it today by trying these tips. You may feel better—and have a healthier heart, too!

Relaxation Tips

1. Progressive muscle relaxation – tighten a specific muscle in your body and then release the tension. Start with your toes and work up to your face.



2. Guided imagery – Visualize the details of a calm, peaceful setting.



3. Deep breathing – Inhale a slow, deep breath, letting your stomach or chest expand and then exhale slowly. Repeat.

4. Music – Enjoy a favorite tune during the day.



5. Notice beauty – Take a few minutes to enjoy the sunrise or sunset, take a brisk walk in the crunchy snow, smile at a stranger, or hug a friend or family member.



Oats are also heart-friendly, thanks to a high fiber content.

Skillet Granola

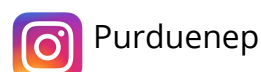
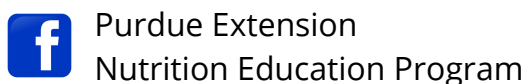
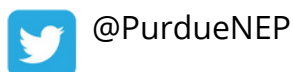
Ingredients

- 1/3 cup vegetable oil
- 3 tablespoons honey
- 1/4 cup powdered milk
- 1 teaspoon vanilla
- 4 cups uncooked, old fashioned rolled oats
- 1/2 cup sunflower seeds
- 1 cup raisins

Directions

1. Warm oil and honey in a skillet for one minute over medium heat (300 degrees in an electric skillet). Add powdered milk and vanilla.
2. Stir in oats and sunflower seeds, and mix until coated with oil and honey mixture. Heat over medium heat. Stir until oatmeal is slightly brown.
3. Take off heat. Stir in raisins.
4. Cool mixture. Store in an airtight container (jar or plastic bag).

Our free, fun, hands-on classes offer large servings of helpful tips, exercise, food samples and resources. Sign up today at <https://www.eatgathergo.org/programs>.



Resources: <https://www.nhlbi.nih.gov/resources/stress-less-healthier-heart-fact-sheet>, [eatgathergo.org/recipe/skillet-granola/](https://www.eatgathergo.org/recipe/skillet-granola/)

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