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I am not a cardiologist. However, I watched my own father suffer multiple heart attacks and ultimately die before he reached 60 years old. This inspired me to explore the connection between stress and heart health.

Over the years, I organized several hospital programs, one was biofeedback and stress management at Hoag Hospital in Newport Beach. I saw many recovering cardiac patients benefit from treatment that combined medicine with physical rehab, as well as education about how to reduce stress once they returned to their busy lives.

Many of these Heart Habits can be practiced before a major medical issue and the cost is just a little of your time and personal awareness.

[#hearthealth](#) [#heartattack](#) [#stressmanagement](#) [#stress](#)  
[#breathingtechniques](#) [#deepbreathing](#) [#cardio](#) [#fitness](#) [#health](#)

For my current client Dr. Aaronson, I wrote the introductory paragraphs and the content for the infographic. He approved all before this was posted about two weeks ago.

For more web page content I wrote on his behalf, visit his website at:  
[drbarryaaronson.com](http://drbarryaaronson.com)

# 6 Heart Habits Worth Practicing

Small changes practiced consistently make the biggest difference.



## 1 MOVE EVERY DAY

Your heart loves movement—even brisk walking.

*No one has ever said, "I really regret taking that pleasant walk."*



## 4 STAY CONNECTED

Supportive relationships are one of the strongest predictors of long-term health.

- ✓ Talk with friends.
- ✓ Spend time with family.
- ✓ Join a walking group.
- ✓ Volunteer.

*Your heart wasn't designed to work alone, neither were you.*



## 2 LEARN TO BREATHE AGAIN

Slow diaphragmatic breathing can lower heart rate, reduce muscle tension, and calm the nervous system in just a few minutes.

*It's free. It has no co-pay. And there are no annoying television commercials listing side effects.*



## 5 KEEP STRESS IN PERSPECTIVE

Ask yourself:

*Will this matter a year from now?*

If the answer is no, your blood pressure doesn't need to act like it does.



## 3 SLEEP LIKE IT'S YOUR JOB

Poor sleep increases stress hormones and makes everything feel harder.

Your brain performs overnight maintenance while you sleep. Think of it as taking your computer offline for updates. Skipping updates rarely improves performance.

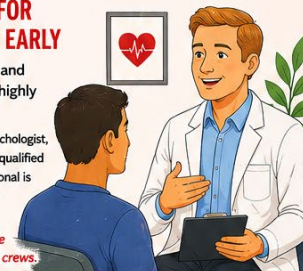


## 6 ASK FOR HELP EARLY

Stress, anxiety, and depression are highly treatable.

Speaking with a psychologist, physician, or other qualified healthcare professional is a sign of wisdom—not weakness.

*Even Formula One race cars need pit crews.*



The goal isn't to eliminate stress.  
**The goal is to become *better* at *recovering* from it.**

Resilience — ❤️ perfection —  
is what protects both your mind and your heart.

