

IT'S TIME TO PRIORITIZE SELF-CARE

HEAR YOUR
HEART®



Care partners of people living with chronic illnesses, including heart failure, spend approximately **20 hours per week** caring for loved ones.¹

When you spend the majority of your time caring for those around you, it can take away from the time and energy you spend on yourself. If care partner and care receiver relationships start to feel strained, self-care activities like seeing friends, enjoying hobbies or even taking breaks are the first to disappear.²

♥ Care Partners Need Care Too

Being a supportive care partner can sometimes come with a price. The emotional demands can grow with time and make it difficult to cope, leading to strained relationships and mental and physical illness.³

Almost 60% of care partners experience high strain and stress⁴ but often don't have the time or energy to prioritize their own health.³ Chronic stress can lead to additional health issues including digestive problems, headaches, muscle tension and pain, trouble sleeping and heart disease.⁵

♥ What Is Self-Care?

Self-care is the practice of actively protecting and prioritizing your own well-being and happiness, particularly during periods of stress.⁵

♥ Taking Care of Me

Prioritizing your own health isn't selfish – it's a necessary step to help create a healthier future for yourself and your loved one. Whether it's a 5-minute meditation routine or a day off, practicing self-care can make a difference in your health and happiness.⁵

Self-Care Made Simple

There's no one way to practice self-care – only you know what you need in the moment.
Do what makes you feel good, relaxed and happy, even if it's only for a few minutes.

Self-Care in 5 Minutes

If you're sitting in a waiting room at an appointment or have a few minutes before your next task, use this as an opportunity to check in with yourself. These activities can be done anytime, anywhere, and can help you feel more in tune with your body and mind. Listen to your body and do whatever you need in the moment!

Taking 5 Minutes for Me

Track your self-care progress

This Week's Wins	✓	M	T	W	T	F	S	S
Stretched								
Meditated or completed an exercise								
Grabbed a healthy snack or drank water								
Other:								

TOTAL ✓ _____ My goal for next week: _____

Self-Care in 30 Minutes

If you've been rushing around inside all day, take this time to stop and smell the roses (literally)! Head outside to soak up some vitamin D, get your body moving and heart pumping. Your body and mind will thank you for it.

Taking 30 Minutes for Me

Track your self-care progress

This Week's Wins	M	T	W	T	F	S	S
Worked out							
Spent time outside or with a pet							
Listened to an audiobook							
Other:							

TOTAL ✓ _____ My goal for next week: _____

Self-Care in 60 Minutes

Sometimes, what you need and what you want can conflict; however, these activities can encourage you to take both sides into consideration. Incorporating some breathing exercises while watching a show, going for a walk while listening to an audiobook or seeing friends are great ways to give your mind and body what they need while getting the relaxation time you deserve.

Taking 60 Minutes for Me

Track your self-care progress

This Week's Wins	M	T	W	T	F	S	S
Watched an episode of my favorite show							
Took a nap							
Spent an afternoon with a friend							
Other:							

TOTAL ✓ _____ My goal for next week: _____

Self-Care in a Day

It's normal to feel anxious or guilty about being away from your loved one for extended periods of time; however, taking the time to care for yourself is just as important as taking care of them. Clearing your mind and doing something you enjoy is a great start toward a healthier, happier future.

Taking a "Me Day"

Track your self-care progress

This Week's Wins	M	T	W	T	F	S	S
Saw something new (even took a mini road trip to a local spot!)							
Had a spa day (either at home or out)							
Cooked my favorite comfort food							
Other:							

TOTAL ✓ _____ My goal for next week: _____

Visit [HFHearYourHeart.com](https://www.hfhearyourheart.com) for more heart health and self-care tips.

These recommendations were created in collaboration with Dr. Alanna Morris, MD, MSc, FHFA, FACC, FAHA, Associate Professor of Medicine, Division of Cardiology, Emory University School of Medicine, and Dr. Johanna P. Contreras, MD, MSc, FACC, FAHA, FASE, FHFA, Associate Professor, Icahn School of Medicine, Director of the Ambulatory Heart Failure Network and Director of Diversity at Mount Sinai Health System. BROUGHT TO YOU BY: BOEHRINGER INGELHEIM AND ELI LILLY AND COMPANY

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