



## Coping With Your Emotions After a Heart Attack



### Overview

After a heart attack, it's normal to feel powerful emotions. You may feel anxious and afraid. You may be angry, depressed or lonely. It can be overwhelming, and even make your recovery harder. Well, you need to know that many people experience these emotions. With help, you can cope with them and regain control of your life.

### Educate yourself

If you feel anxious and worried about your future, it helps to learn more about your condition. So talk to your doctor. Ask questions. Find out what caused your heart attack, and the steps you can take to make sure it doesn't happen again. Ask what will life look like for you in the next days, weeks, months and years? You may find that the outlook is better than you thought.

### Be open and honest

If you feel sad or lonely, talk to your loved ones and friends. Reach out. Try to find ways to interact with other people. Talk on the phone. Your relationships are your best support system. If you have depression that doesn't go away, get help. Talk to your doctor, or find a mental health professional. Proper medical care can help you manage these feelings.

### Control your anger

Some people feel angry and upset after a heart attack. You may get frustrated with the people around you, and lose your temper easily. But that's not healthy. It can raise your blood pressure and heart rate, which causes your heart to work harder. So control your anger. Be understanding of others, and take a timeout when you need to cool down. If you're having trouble controlling your anger, tell your doctor.

### Conclusion

If you take an active role in your care and follow your doctor's advice, you can learn to manage your feelings and get back to the life you love.

